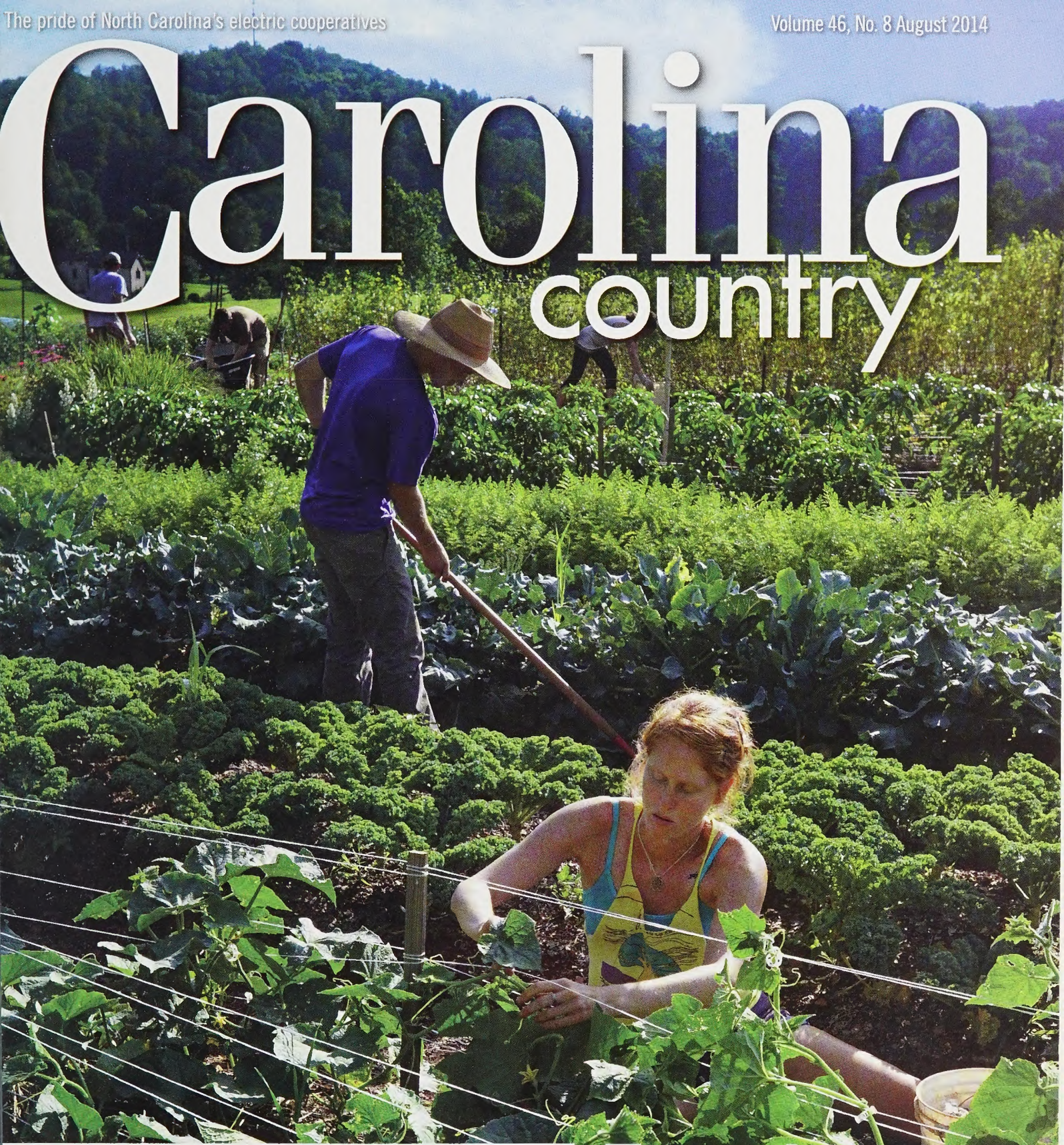
The pride of North Carolina's electric cooperatives

Volume 46, No. 8 August 2014

Carolina country



Together

INSIDE:

The Lord's Acre

The Youth Tour

The Cooperative Difference

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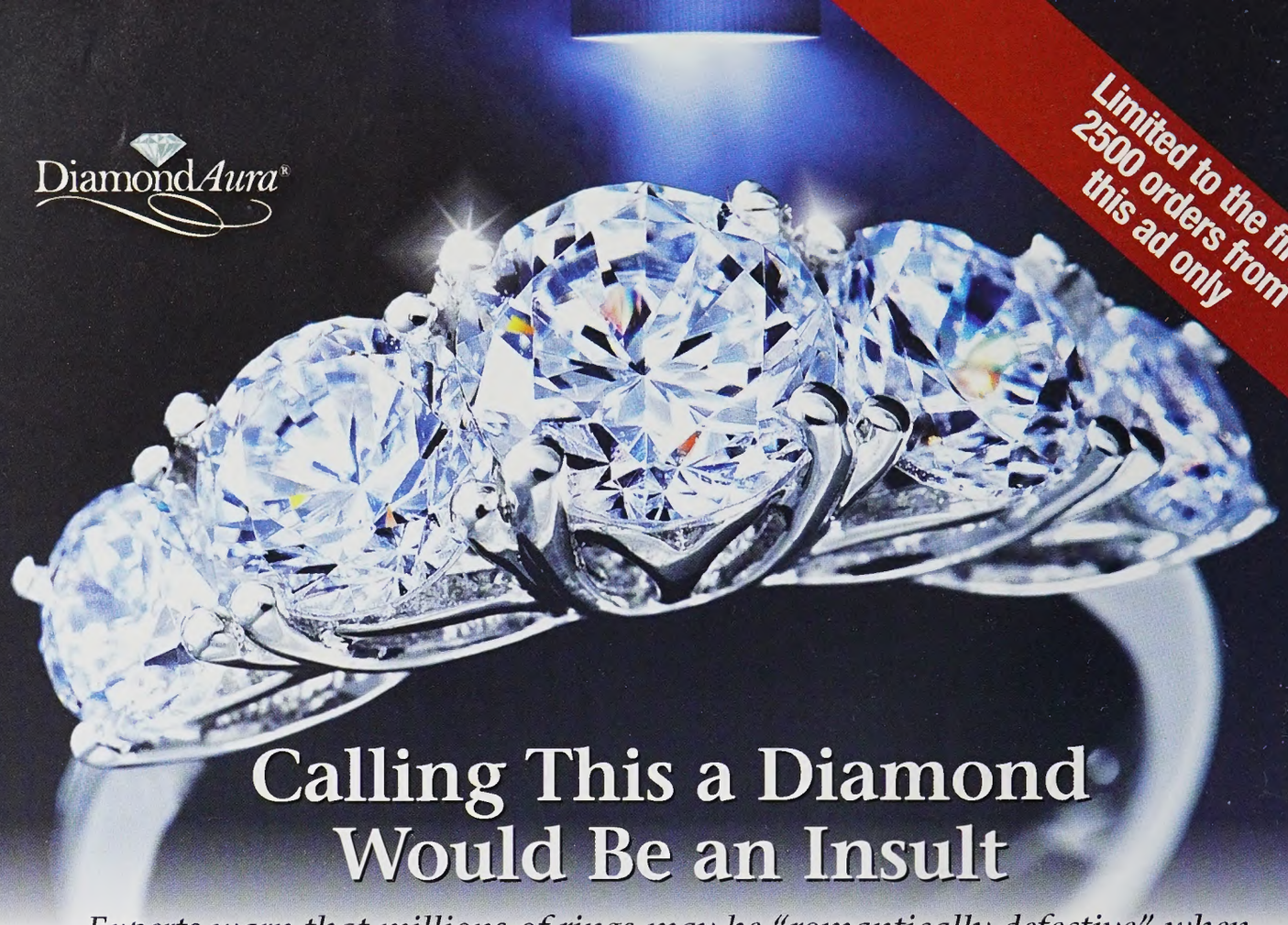
PERIODICAL

Your Touchstone Energy® Cooperative

Piedmont EMC offers energy-saving tools to members—pages 25–28

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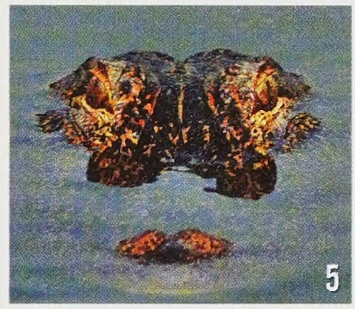
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Tending The Lord's Acre, an amazing community garden in Buncombe County. See page 18. (Photography by John Fletcher/ Fletchpix.com)







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3400 Sumner Blvd.
Raleigh, NC 27616
www.carolinacountry.com

Editor
Michael E.C. Gery, (919) 875-3062

Senior Associate Editor
Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor
Karen Olson House, (919) 875-3036

Creative Director
Tara Verna, (919) 875-3134

Senior Graphic Designer
Warren Kessler, (919) 875-3090

Graphic Designer
Erin Binkley, (919) 875-3089

Graphic Designer
Linda Van de Zande, (919) 875-3110

Publication Business Specialist
Jenny Lloyd, (919) 875-3091

Advertising
Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO
Joseph P. Brannan

Senior Vice President, Corporate Relations
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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The cooperative difference



by J. Michael Davis

As an elementary school student you may have combed your report cards for EEs that signified you had attained the coveted "exceeds expectations" rating in aspects of school life that couldn't be assigned a letter grade. As you grew, EEs turned into A's and B's (you hoped), and you probably never lost that desire to exceed expectations.

North Carolina's 26 electric cooperatives also strive for EEs. Besides doing what you expect us to do—provide affordable, safe and reliable electric service—we want to do more. That's because cooperatives are different.

Unlike bigger electric utilities, your electric cooperative is part of your community's fabric. Cooperatives were formed by communities and grew up with their communities. Our boards of directors and employees are your neighbors. We support local projects, local education and local charities. We actively participate in efforts to grow local businesses and attract new ones.

Cooperative businesses by nature cooperate with one another. At Tri-County EMC, we continually share information and resources with the 25 other electric co-ops in the state and others in the U.S., as well as with the statewide organizations that we formed to supply us with wholesale power, equipment and services. Such sharing allows us to apply the best and most effective technology for our distribution systems.

A unique aspect of a cooperative is that when the business has met all its financial obligations, margins that remain are returned as credits to members according to their patronage.

We consider it our job to keep you informed, and to help you make smart energy choices. And above all, we make a point every day to show that you are a member of your cooperative, an owner who has a voice in how your business operates.

This is the cooperative difference.

How we rate

It should come as no surprise that members of electric cooperatives overall are more satisfied with the service they receive than customers of electric utilities that are owned by investors or city governments.

For the past 10 years, North Carolina's Touchstone Energy cooperatives have joined in a wide-ranging survey that rates how satisfied members are about our services. Satisfaction is measured by the respected American Customer Satisfaction Index (ACSI), a joint effort by the University of Michigan Business School and the consulting firm CFI Group. For the survey ending February 2014, North Carolina's cooperatives were among 70 cooperatives from 27 states and 14,500 residential co-op members surveyed. Results compared not only other electric cooperatives, but also ACSI data from other utilities.

How did we do? On a 100-point scale, North Carolina's cooperatives received a mean score of 84 in overall satisfaction, compared to 82 for other electric cooperatives, 75 for investor-owned electric utilities, and 74 for municipal electric systems. (I have to brag here that Tri-County EMC tied with one other cooperative in the survey for the highest score of 89.)

The annual survey also measures how satisfied and how aware members are of specific services we provide. I thank those of you who participated in the latest survey and who will consider responding to surveys in the future. All the information helps us learn where we can do better. And believe me, we want to do everything we can to exceed your expectations.

Mike Davis is general manager of Tri-County EMC, the Touchstone Energy cooperative based in Dudley serving nearly 26,000 member accounts in Wayne, Lenoir, northern Duplin and parts of Johnston, Jones, Sampson and Wilson counties.

Post your pictures with us

We love getting so many photos from the Carolina Country family. Now that mobile phones and tablets have built-in cameras, we get far more pictures than we used to, and far more than we can publish here. Try posting yours to our Facebook. It's quick, and there's a growing Carolina Country family there, too.

—The Editors

Where is Bailey?

In the July magazine's "Joyner's Corner," we placed The Country Doctor Museum in Bailey in Wilson County. We know better. Bailey is in Nash County. The museum's collection illustrates an interpretive story of change and advancement in rural America's medical history. Learn more at countrydoctormuseum.org.

—The Editors

Know a clock maker?

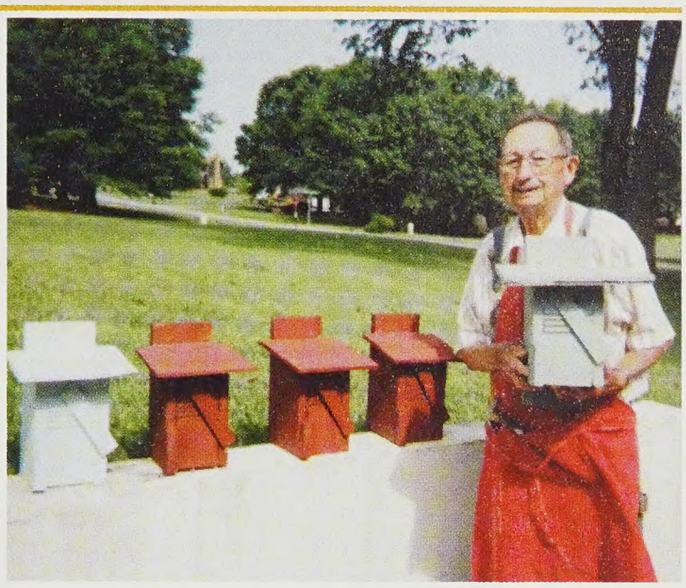
I enjoy reading your magazine because the stories give me a chance to learn about and to know the people and area we live in. Now I need some help finding a clock smith. We have a grandfather clock that suffered an accident, and I'd like to find someone to fix it. This clock is very special to me because it was built by my father and imported from Finland. I hope to pass it in good working condition to my boys.

Mervi Eeva (mmeeva@gmail.com)
Chapel Hill, Piedmont EMC

Contact us

Website: carolinacountry.com
E-mail: editor@carolinacountry.com
Phone: (919) 875-3062
Fax: (919) 878-3970
Mail: 3400 Sumner Blvd.
Raleigh, NC 27616
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Bluebird boxes for Davidson County



I am 85 years old, and this year I built more than 100 bluebird houses and gave them away to people. Later, I sold them for $6 to help cover materials. I have been doing this for several years, but this is the most I have made in a year. If my health permits, I plan to build 125 bird houses to give away locally about the first week of February 2015. I will announce the giveaway in Davidson County's newspaper, The Dispatch, several days in advance.

Charles A. Barefoot Sr., Lexington, EnergyUnited



Alligator eyes
Frank Ellison of Clemmons, a member of Brunswick EMC, got this picture at a Sunset Beach golf course.



Hamlet's lightning
Jimmy McDonald of Rockingham shot this lightning strike at Hamlet Depot the night of June 19.



These 30 acres hold the hopes and dreams of a very grateful North Carolina family.

ADVENTURES OF THE HOMESTEAD REDHEAD

A safe haven

by Laura May Conner

Welcome back to the homestead! This summer has been full of sunshine and adventure. I fill the warm days with as much fun, family and friends as I can fit in.

Living in a neighborhood has been a new experience for me and my four-legged crew. Although I miss the quiet mornings of the old homestead, it has made my heart smile to see all of the neighborhood kids laughing and playing every day. It has been such a pleasure to live a few houses down from my sister, and her joyful brood of four. Knowing there are friendly neighbors nearby has been a welcome change in this season of my life.

With such limited land around my new house, I decided on a cinder block garden for this growing season. The project was fun and inexpensive. I made my garden just big enough for my little family. I have tomatoes, broccoli, squash, onions and okra. Even though my garden was substantially smaller than gardens of the past, I still enjoyed the reward of tending to seedlings and watching them grow into something that nourished me and my loved ones.

The summer has brought even more development on the farm in Orange County. The barn construction is under way, and with each passing day our smiles grow bigger. We are slowly adding more fun features to the farm. We now have a work truck, pedal boat, four-wheeler, tractor implements, picnic tables and—thanks to hours and hours of my Daddy's hard work—clear paths to walk through.

This summer holds special memories of two very important visitors. My grandparents, Fred and Lil Conner, came to walk the grounds. This whole dream began with my grandfather's parents and their humble beginnings as Chapel Hill dairy farmers in 1929 (where University Mall is). Without my grandparents' hard work, determination and commitment throughout their 69 years of marriage, none of our farm dreams would have been possible.

I have been spending quite a bit of time brainstorming various options for building my future farm house. Since it is just me, Raffi the rabbit, Oliver the indoor pig, and Peanut the dog now, the financial aspect of building and overseeing a home by myself is a bit overwhelming. Despite this emotion, my excitement about being surrounded by my parents, sister, brother-in-law and nieces and nephews on acres and acres of beautiful farmland make it worth facing this task as a single woman.

I have spent many hours in the quiet of the farm. It is a safe haven from the chaos of my nursing job in the emergency room, the busyness of appointments and errands, and the financial stress of the day-to-day. My favorite thing to do is pedal our little boat into the middle of the pond, slip my shoes off and drift among the quiet waters. My senses are overloaded with the wonders of the farm.

I hear the splashes of the baby mallard ducks that have taken up residence on the pond. I smell the sweet scent of honeysuckle that fills the air. I see the clouds drifting lazily up above me, and I feel the quiet breeze whispering through my red hair.

These 30 acres contain old cedar trees, streams and wild flowers, but most importantly, these 30 acres hold the hopes and dreams of a very grateful North Carolina family.

Laura Conner and her family are members of Piedmont EMC and live in Orange County. Follow her homesteading adventures at homesteadredhead.com.

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by August 7 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

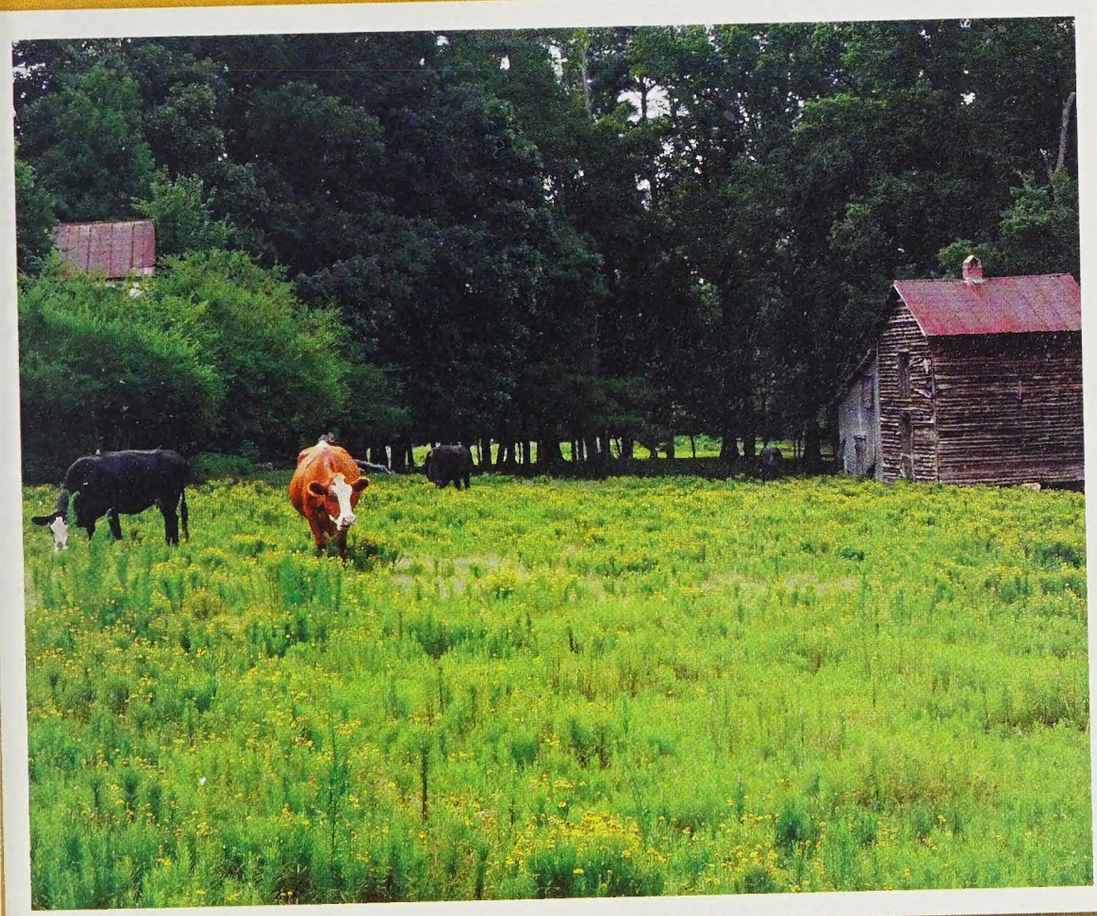
The winner, chosen at random and announced in our September issue, will receive $25. To see the answer before you get your September magazine, go to "Where Is This?" on our website carolinacountry.com.





July winner

The picture by Michael Gery that ran in the July magazine shows Annabelle's Florist and Antiques on the Back Road, Ocracoke Island, Tideland EMC territory. Correct answers and great comments about Ocracoke came from more than 130 of you, representing nearly all the state's electric cooperatives. Elizabeth Hanrahan of Ocracoke said, "This is also the home of Chester Lynn, an Ocracoke native and the garden-flower-flower arranger guru of Ocracoke. Chester and his family go back generations on Ocracoke." The winning entry, chosen at random from all correct submissions, was from Kelly Kerley of Oakboro, a member of Union Power Cooperative.



CAROLINA COUNTRY scenes

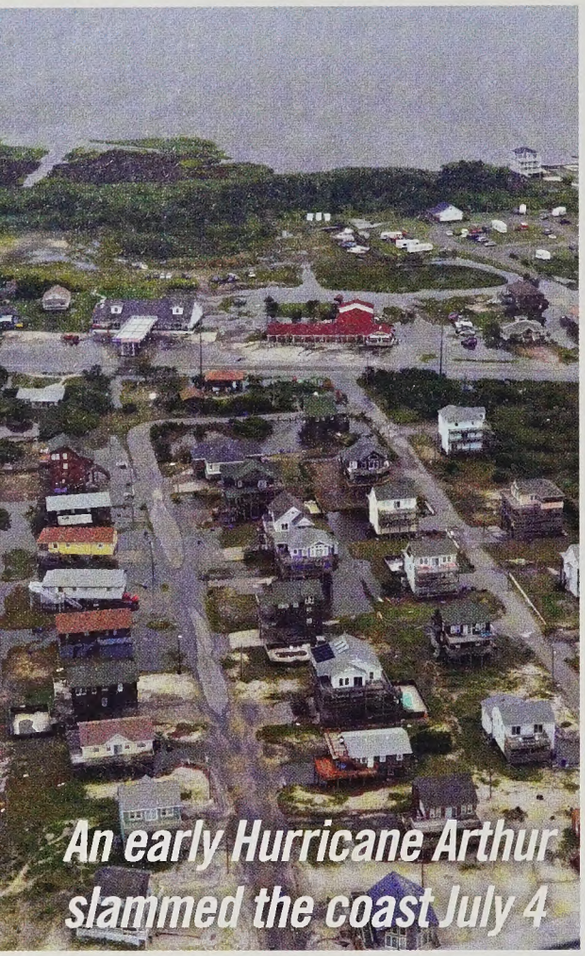
Photo of the month

Franklin County Summer

A beautiful scene in Franklinton.

Nadelle Williams, Wake Forest
Wake EMC

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2014 photo contest ("Carolina Country Scenes," February 2014). See even more at the Photo of the Week on our website **carolinacountry.com**.



A U.S. Coast Guard MH-60 Jayhawk helicopter from Air Station Elizabeth City assessed damaged on Hatteras Island July 4, the morning after a Category 2 Hurricane Arthur swept through. The view looks west over Rodanthe in the vicinity of Island Convenience and gas station. (Coast Guard photo by Petty Officer 3rd Class David Weyder.)

An early Hurricane Arthur slammed the coast July 4

Hurricane Arthur, making landfall earlier than any in North Carolina's hurricane season history, disrupted July 4 festivities and vacations along the coast and caused some 23,000 power outages for electric cooperatives. The storm reached Category 1 strength (74–95 mph sustained winds) off South Carolina July 3, then became a Category 2 (96–100 mph winds) when making landfall at Shackleford Banks at 11:15 p.m., July 3. Whirling up Pamlico Sound, the storm lashed Ocracoke and Hatteras islands, as well as mainland Hyde and Dare counties, with its eye over Nags Head at about 4:30 a.m. Friday, July 4.

The peak wind speed of 101 mph was recorded at Cape Lookout. Most flooding damage occurred on the sound side of the barrier islands.

Carteret-Craven Electric Cooperative reported 14,000 outages, many caused by a break on a Duke Energy transmission service that affected the area from Cherry Point through Cedar Island. With help from outside co-op and contract crews, Carteret-Craven had 92 workers in the field and 22 inside working to restore power. By early Saturday afternoon, nearly all members had electricity.

Tideland EMC reported 9,644 members without power at 6 a.m. July 4, including all 1,300 on Ocracoke, where the co-op needed to replace 45 damaged power poles along Hwy. 12. Special track equipment was sent over when the Swan Quarter ferry resumed. When North Carolina Electric Membership Corporation fired up its 3-megawatt generator on the island, Tideland was able to distribute power to two different circuits intermittently and in turn –three hours on and three hours off. Co-op staff got word to members to use only essential appliances to keep the generator from overloading and tripping off. By nightfall July 4, Tideland had all its mainland members back on. The co-op flew equipment by helicopter to Hatteras, where repairs were needed on Tideland poles below Hatteras Village. By 9:35 p.m. July 5, all Ocracoke had power.

The main transmission trunk for Cape Hatteras Electric Cooperative did not fail in the storm, but there were about 2,200 outages on the island. Damage, flooding and overwash on Hwy. 12, the only road from the mainland, caused authorities to close highway access to Hatteras until 4 p.m. July 5. All of Hatteras had power by 4 p.m. July 6.

During the restoration period, co-op staff kept members informed with Facebook and website messages and pictures.

As usual in such events, co-ops were prepared prior to the storm. Help from other co-ops and contractors was coordinated by the co-ops' statewide equipment supply organization, Tarheel Electric Membership Association in Raleigh. Crews dispatched from the following cooperatives: Edgecombe-Martin County, Halifax, Lumbee River, Piedmont, Pee Dee, Pitt & Greene, Randolph, Roanoke, South River and Tri-County. Contractors included Lee Electrical and Pike Electrical.

Co-ops send students to basketball camp

Electric cooperatives gave scholarships to 56 middle-school students to attend Touchstone Energy Sports Camp in June. Young women attended the Wolfpack Women's Basketball Camp at North Carolina State University in Raleigh, while the young men went to the University of North Carolina at Chapel Hill for the Roy Williams Carolina Basketball Camp.

This is the 11th year North Carolina›s Touchstone Energy cooperatives have sent exceptional youth from across the state to experience life on a college campus and work with collegiate coaches and student-athletes.

Touchstone Energy®
Sports Camp
Scholarships

Scholarship recipients were selected based on their scholastic and extracurricular activities and an essay that accompanied the application. More than 200 students applied for the scholarships statewide.

Conducting the Wolfpack Women's Basketball Camp was coach Wes Moore, his staff and members of the Wolfpack women's basketball team. Roy Williams, coach of the 2005 and 2009 national champion Tar Heels, his staff, and current and former Tar Heel players taught at the Roy Williams Basketball Camp.

North Carolinians value above-code homes

A recently released report shows North Carolinians recognize the value of above-code homes. The data shows that market penetration of voluntary, third-party certified, high performance building programs continues to rise in the state.

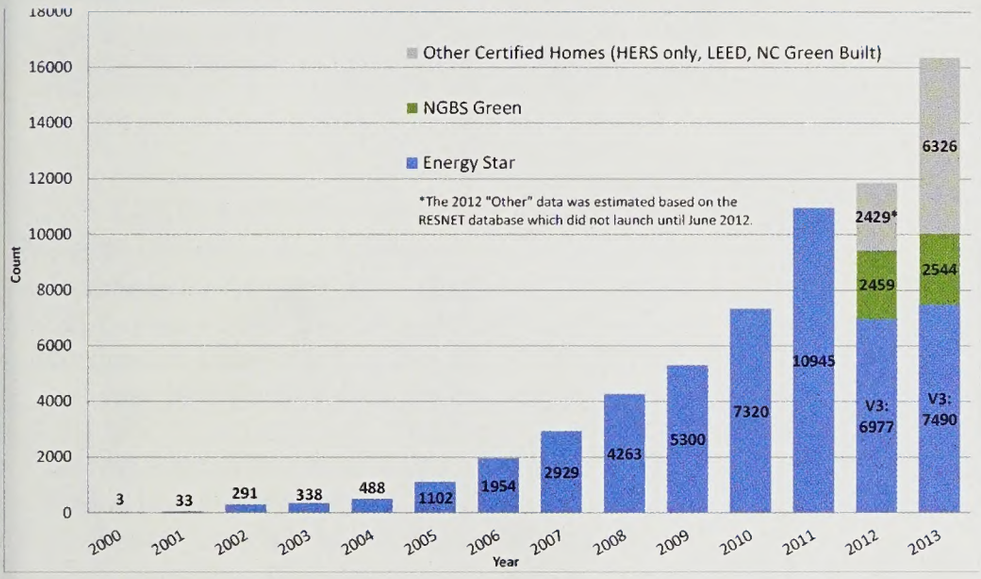
The programs tracked were Energy Star, HERS label homes (Home Energy Rating System), the National Green Building Standards (NGBS), ecoSelect, the U.S. Green Building Council's LEED standards, and NC Green Built.

North Carolina builders and developers registered 10,086 high-performance homes certified by the agencies in 2013, more than all houses in South Carolina, Tennessee, Virginia and Georgia combined.



North Carolina Energy Efficiency Alliance (NCEEA), a nonprofit operating out of Appalachian State University, collected the report's data. Based in Boone, the alliance includes home energy raters, home builders and renovators, commercial contractors, architects, engineers, utility providers, real estate brokers, appraisers, and mortgage lenders. See the complete report at the NCEEA website ncenergystar.org

ENERGY STAR Homes and Certified Homes Built in North Carolina (2000–2013)



The chart shows that the upward trend of high-performance home certifications in North Carolina continued during the economic recession. Other certification programs emerged in 2012 when Energy Star moved to a stricter V3 version.





Looking out for you in Raleigh

In late June, more than 160 board members and staff from North Carolina's electric cooperatives discussed matters affecting co-ops and their communities at the state legislature in Raleigh.

"We are always focused on our members and our ability to provide them with affordable, reliable power, and we use this event as an opportunity to educate legislators on the issues that affect consumers' energy bills," said Nelle Hotchkiss, senior vice president of corporate relations for the North Carolina Association of Electric Cooperatives.

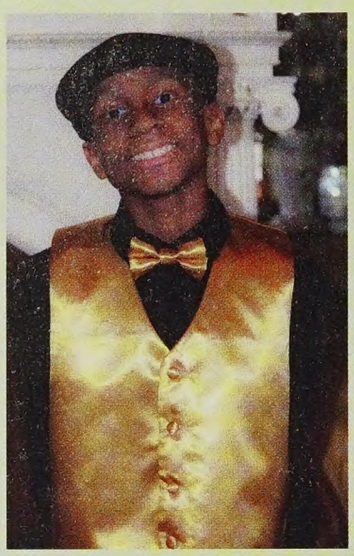
Cooperative employees and board members also shared with legislators their successes with projects they are completing in their districts, including new construction, energy efficiency, economic development, grid modernization, automated meters, community outreach and more.

To see more pictures of the General Assembly visit, go to Carolinacountry.com

Left photo: *House Majority Leader Edgar Starnes of Caldwell County met in his Raleigh office with Blue Ridge Electric delegates.*

Right photo: *Delegates from Brunswick EMC met with Sen. Bill Rabon of Brunswick County (far end).*

One boy's trip with cancer



Tyler Gordon is now cancer-free.

Last fall, Carolina Country brought you the story of Tyler Gordon, a 12-year-old boy from Gates County who was battling a rare form of cancer and traveling two hours to Greenville for weekly chemotherapy and radiation treatments.

Tyler is now cancer-free. As is the tradition at Vidant Children's Hospital, Tyler ceremoniously rang a large bell on his last day of chemotherapy on May 16.

Tyler's mom, Cathie, says he feels much better these days. "His energy level has come back up, and he's enjoying sleeping in, eating his favorite foods without getting sick, and being able to do more with his friends."

Once a month, the family still travels to Greenville for a checkup and to flush Tyler's chemo port. They stay at the Ronald McDonald House when appointments are very early in the morning. North Carolina's electric cooperatives proudly support the Ronald McDonald House of Eastern North Carolina, which provides lodging for families of hospitalized children.

This summer is looking pretty good for Tyler. In May, more than 100 relatives and friends gathered to celebrate the end of Tyler's treatment and to award the Charlton-Gordon Scholarship, an annual scholarship in Tyler's name, to a local student. In June, Tyler attended Camp Hope alongside other kids and their siblings who are cancer survivors or currently undergoing chemotherapy. This month he travels to Walt Disney World on a Make-A-Wish Foundation trip before returning to school full time. And in the fall, doctors hope to remove his chemo port.

Cathie and her family appreciate the support and prayers from residents of Gates County and the care they received from Ronald McDonald House staff. "They are always so kind and always greet you with a smile and lots of hugs. They take such good care of their families."

For more information about the Ronald McDonald House of Eastern North Carolina, call (252) 847-5435 or visit: rmhenc.org.

Read more about Tyler and see his video at carolinacountry.com (search Tyler Gordon).



Linemen learn skills both inside and outside the classroom at Nash Community College.

10 linemen advanced their education at Nash Community College

Nash Community College this year recognized 13 electric cooperative linemen for completing advanced education work in the college's Electric Lineman Technology program. Ten received advanced certificates for completing 17 college-level credits, and three completed work for their Associate Degree.

The program includes courses in the classroom and outdoors on a specially-designed training field built by the North Carolina Association of Electric Cooperatives. They learn skills such as overhead line construction, underground line construction and the National Electrical Safety Code. Beyond classes in line work and energy management, courses toward the Associate Degree range from writing and math to critical thinking, computers and communication.

Since the program began in 1998, 16 co-op people have graduated with an Associate Degree. The community college program is supported entirely by the cooperatives but is also attended by linemen from Duke Energy and the municipal electric systems.

Listed are those who completed the work in the spring semester of 2014.

Advanced Certificate

Chad Everette Bryant, *Halifax EMC*
Charles Danny Pendergrass, *Halifax EMC*
Bradley Roscoe Murray, *Pee Dee EMC*
Coleman C. Snead, *Pee Dee EMC*
Tracy Bates, *Randolph EMC*
Shannon Fesmire, *Randolph EMC*
Eddie "Randy" Greene, *Randolph EMC*
Brice Long, *Randolph EMC*
Bradley Keith Bullard, *South River EMC*
Steven R. Harris, *Tideland EMC*

Associate Degree

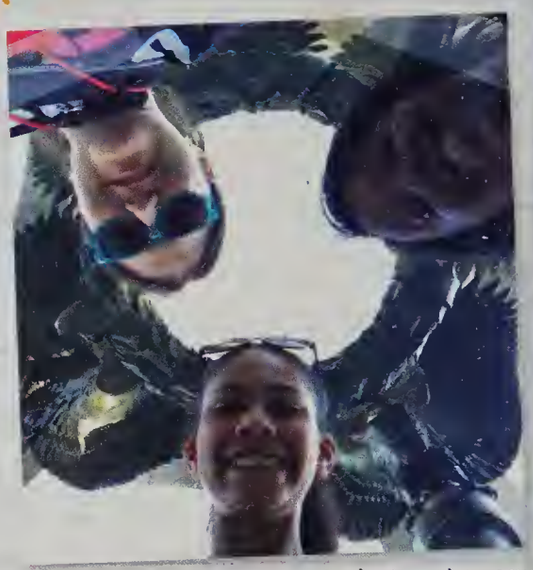
Curtis Michael Adcock, *Central EMC*
Donnie Earl Arnold Jr., *Edgecombe-Martin County EMC*
Bradley "Brad" R. Murray, *Pee Dee EMC*


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The Rural Electric Youth Tour to Washington

June 14-20, 2014

In June, 37 high school juniors and seniors sponsored by 20 of North Carolina's electric cooperatives visited the nation's capital, accompanied by eight advisors. Besides seeing historic and cultural sites, the group learned about the cooperative business model and met with their representatives in Congress. Here is a selection of their photographs.



My friends and I were circled under som eagles and above a seal at the World War II Memorial. I am at the bottom.

—Elizabeth Nowlin, Jones-Onslow EMC



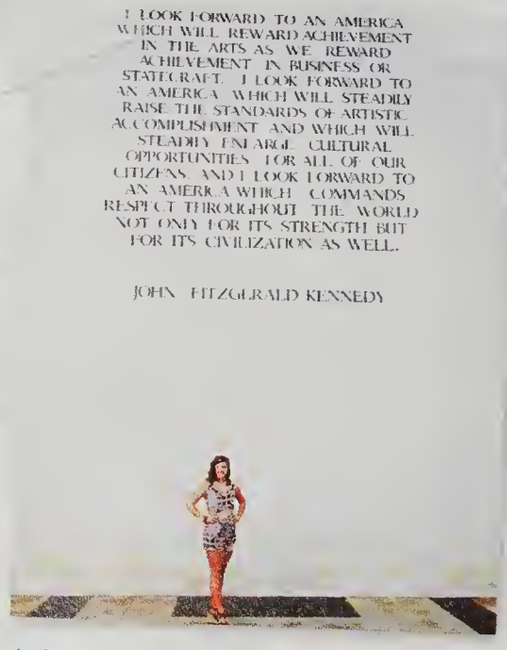
I am on the right with my new best friends, Aqueo Lopez Hernandez (Blue Ridge EMC) and Kyle Parks (Tri-County EMC), in front of the Capitol. These guys made my whole trip amazing.

—Dillan Phillips, Wake EMC



On the way to a Nationals baseball game, we saw on a big wall this dinosaur fighting another creature.

—Alex Alvarez, Cape Hatteras Electric



A picture of Carolina Simpson (Rutherford EMC) at the Kennedy Center for the Performing Arts.

—Kate Whichard, Albemarle EMC



I saw this tiny Lincoln Memorial from up in the Washington Monument.

—Elizabeth Nowlin, Jones-Onslow EMC

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Nest

Did you know that an unprogrammed thermostat can waste at least 20 percent of your heating and cooling bill? This smart thermostat from Nest is among a new generation that does the programming for you.

Smart Saving

New technology makes energy efficiency and saving money easier

By B. Denise Hawkins

Stop. Look around your room. More than likely there is a programmable thermostat on the wall, a plug strip on the floor and a light bulb in your lamp. These are three of the most common products you can use to help reduce daily household energy costs. The trick is figuring out how to make them work for you.

With a little savvy consumer shopping and research, choosing and correctly using programmable thermostats, replacement bulbs and plug strips can be easy to do, says Brian Sloboda, a program manager specializing in energy efficiency for the Cooperative Research Network (CRN), the research and development arm of the National Rural Electric Cooperative Association.

Programmable thermostats

There are plenty of brands and types to suit your home and lifestyle. But one thing you won't find today is a programmable thermostat that carries the Environmental Protection Agency's (EPA) familiar blue Energy Star seal. The EPA dropped the label from these products in 2009. Why?

Programmable thermostats can potentially save buyers up to $180 a year on heating and cooling costs, according to EnergyStar.gov, but many customers miss out on savings by failing to correctly install their new thermostats. "Most people failed to use the programmable capabilities," Sloboda says. "They didn't know how or didn't want to." This led to poor EPA consumer surveys, and ratings drops and the loss of the Energy Star seal for most products.

Enter "smart" thermostats, which are intended to be an easier-to-use alternative. They come with motion sensors that help do the work of detecting and setting the temperature in your home. Nest is one such brand of thermostats.

"Sensors will start to turn the thermostat up or down, depending on the season," Sloboda says. Within a few days of installing the device, he says, the system will begin to learn your schedule, automatically dialing your thermostat back when you're not home.

The addition of phone and iPad apps are other smart thermostat features helping to make temperature control easy, Sloboda adds. "Using an app interface should be more intuitive than the old-fashioned programmable thermostat."

So, what about energy savings?

"A thermostat will only save you money if you allow it to program," Sloboda says.

Residential interior lighting

By now you know that Thomas Edison's incandescent light bulb has dimmed. January 2014 marked the end of the bulb's run under a federal provision to phase out and replace them with more energy efficient options starting this year. Currently, there are three consumer choices—halogen-incandescents, CFLs and LEDs. But to get the energy savings and lower electric bills you want, you'll have to pay more up front.

That includes LEDs, the equivalent of the 60-watt incandescent, the most widely used of the phased-out bulbs. And, Sloboda warns, buyers beware. They are long-lasting, more energy-efficient and most will have the iconic look of the old incandescents. But as a new generation of lighting technology evolves, the brand you choose will matter.

"There is a whole lot of junk out there," Sloboda says. "You can buy name-brand LEDs for around $10 and more expensive ones from not-so-reputable companies." But don't take chances on your lighting or waste your money.



U.S. Department of Energy

LED bulbs use about 75–80 percent less energy than traditional bulbs.

Lighting experts recommend sticking with brands you know and trust.

GE and Sylvania have been longtime consumer lighting choices, but Sloboda says don't overlook the lesser-known Cree lighting products, made in Durham. A 60-watt (800 lumens) Cree replacement bulb can cost about $10 at a big box store and is guaranteed to last at least a decade or more. The Department of Energy and manufacturers are making it easy to make the transition from the old incandescent to the LED—just spend some time reading the "lighting facts" on the back of the bulb box. It will come in handy when you want to narrow your lighting choice by temperature and color, which has nothing to do with the wattage. It means whether you want your bulbs to have a warm or cool tone when lit or have the look of "daylight" or "soft white."

If you've been light shopping lately, you've probably noticed that "smart" devices have even come to the light bulb aisle. Manufacturers like LG, more known for their appliances, and light bulb giant Philips are among those turning out LEDs that can be controlled by your cell phone and change colors to suit your mood.

"Today's lighting is really starting to become part of a home's entertainment system," Sloboda says. With smart lighting, many come with software packages, he adds. "You can do things like create a party mode, a romantic mode, a reading mode, a mode for watching TV, all with the flip of a switch."

Added features like these can make turning on the lights an experience. And over time, energy savings will add up. With new light bulb standards in place in the U.S., the Department of Energy estimates that consumers will save between $6 billion and $10 billion a year in lighting costs.

Power strips

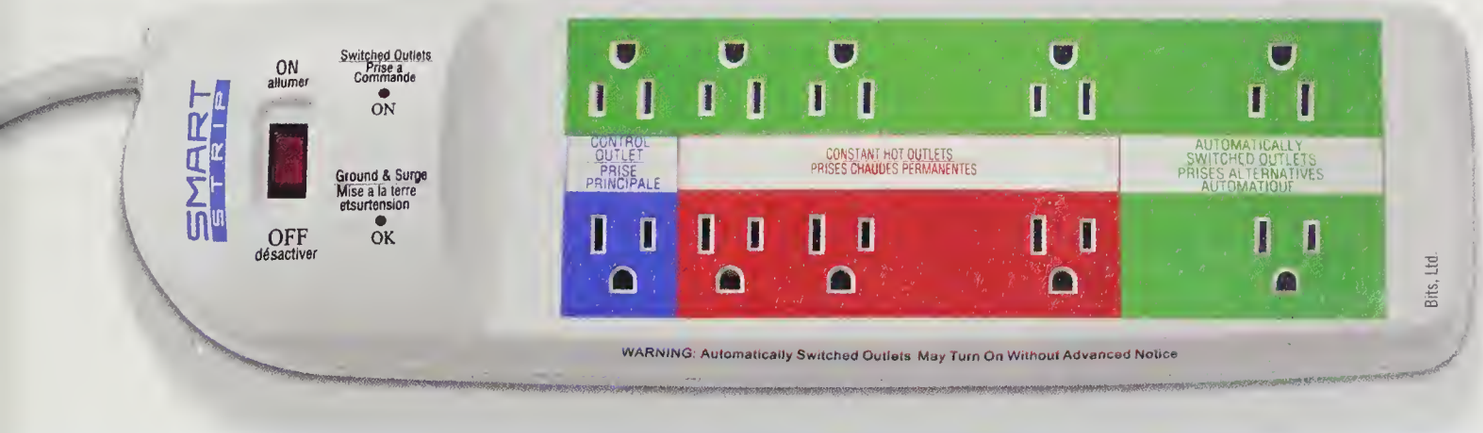
They are usually trapped behind a desk or your TV, but traditional power strips work hard to affordably expand the number of electrical outlets in your home. Unfortunately, their convenience can encourage you to leave electronics plugged in all the time—and many devices keep drawing power even when you're not using them.

Continually unplugging household appliances and gadgets is one solution, but it's not the best option for saving money, power or your time. "Smart" power strips can help. They're bigger, color-coded and designed to reduce usage by shutting down power to products that go into standby mode.

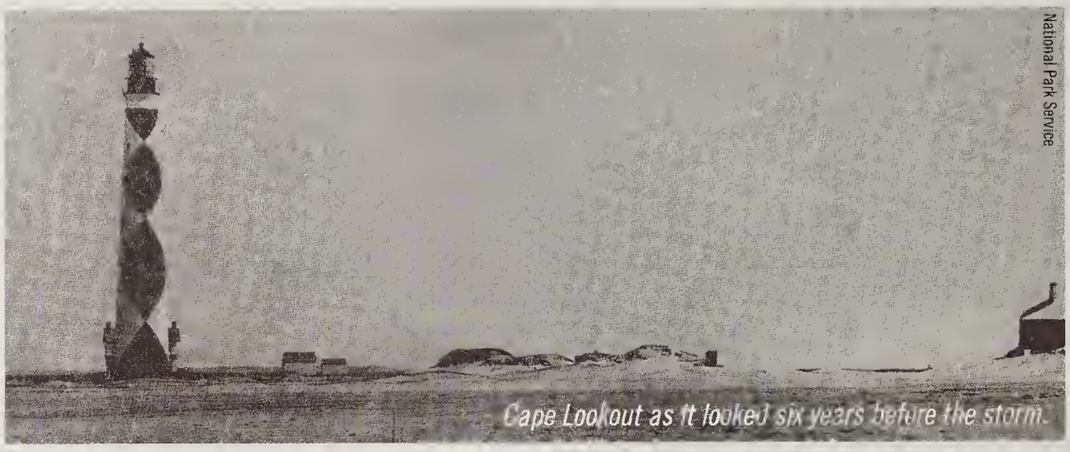
Most feature three outlet colors, each with a unique task. The blue outlet serves as a control plug, and is ideal for a heavily used device like a TV or computer. Anything plugged into red outlets stays on—electricity to these receptacles never cuts off—making them perfect for satellite boxes or other appliances that need constant power.

The remaining outlets, generally neutral or green in color, are sensitive to current flowing through the blue outlet, so turning off the TV or computer cuts power to them as well. With added occupancy sensors and timers, some smart power strips can be even more efficient. Costing about $20, these products can determine when to cut power to various devices. Sloboda says you can start to see a payback on your investment in about a year.

B. Denise Hawkins writes on energy efficiency issues for the National Rural Electric Cooperative Association.



The LCG Smart Strip goes beyond serving as a surge protector. It senses the current in one designated outlet and switches on or off anything else using the strip. For example, plug your TV into the designated outlet and turn it on, and the LCG Smart Strip activates everything else with it. Turn your TV off, and everything else shuts down at the same time.



National Park Service

Cape Lookout as it looked six years before the storm.



Chicamacomico Historic Site

For rescue of the Priscilla crew in 1899, surfman Rasmus Midgett was awarded a Gold Lifesaving Medal by the U.S. Secretary of the Treasury.

Remembering THE SAN CIRIACO HURRICANE OF 1899

Two events this month will commemorate a hurricane that devastated the barrier islands of North Carolina's Outer Banks 115 years ago.

It was a time when the only warning of an approaching hurricane came from seasoned residents who sensed a storm by observing a changing sky, increasing winds, rising tide and falling atmospheric pressure. Such warnings were not enough to prepare residents from Emerald Isle to Nags Head for the San Ciriaco Hurricane of 1899. On August 8, the storm rammed Puerto Rico as residents marked the Feast of San Ciriaco, killing more than 3,000 people. On August 17 and 18 it terrorized the Outer Banks. The San Ciriaco is widely considered the worst storm to hit the U.S. Atlantic coast, and is on record as the longest-lasting Atlantic cyclone, finally drifting off the northeast coast August 24 and dying southwest of Ireland September 4.

On the North Carolina coast, the U.S. Weather Bureau station in Hatteras Village measured 100 mph winds and gusts to 140 mph before its measuring equipment blew away. Seas inundated nearly all buildings on Hatteras and Ocracoke, and they destroyed all of them on Shackleford and Core Banks. Dead livestock floated on the tide along with dislodged caskets and shattered boats.

In his book "North Carolina's Hurricane History" (UNC Press, 2000, uncpress.unc.edu), Jay Barnes relates several harrowing stories from the storm. One is about 20 Down East men on a two-week mullet-fishing trip in the sound off Swan Island, northwest of Cedar Island. Tossed for hours in their small skiffs by high winds on August 17, they tried running to the mainland during a lull. But ferocious wind returned, surging the Neuse River right at them, and 14 were lost, 10 from Sea Level and four from Stacy.

Another well-known incident of the 1899 hurricane occurred in the pre-dawn hours of August 18 when Rasmus Midgett, a surfman with the U.S. Life-Saving Service at the Gull Shoals station (near Salvo, Hatteras Island), saw wreckage on the beach and heard cries of distress offshore. The 643-ton American barkentine Priscilla earlier had broken up at sea—one of seven ships lost in the storm—and 10 of its crew clung to pieces of the ship tossing in the surf. Rasmus Midgett single-handedly brought the 10 to shore, one by one, performing what the Coast Guard considers one of the greatest rescues ever.



Rasmus Midgett on deck of the wrecked Priscilla.

Outer Banks History Center, Collier Cobb photo

THE DIAMOND CITY HOMECOMING

August 16–17, Harkers Island

Events and exhibits will recall how the 1899 hurricane was the final blow for the people who lived on Shackleford Banks (at Shackleford on the west and Diamond City, near Cape Lookout Light). Following a trend that began a few years before, they shipped what remained of their houses and property across the sound to begin anew on Harkers Island, in Marshallberg, or in communities they made at The Promise Land in Morehead City and Salter Path on Bogue Banks. Activities will include historical displays, traditional music, crafts and storytelling, trips to the Wade's Shore cemetery and Cape Lookout, lunch and supper on Saturday, and dinner-on-the-ground Sunday afternoon. Sponsored by the Promise Land Society, the Salter Path Historical Association and the Core Sound Museum.

For more information: (252) 728-1500 or coresound.com

THE RASMUS MIDGETT RESCUE OF THE PRISCILLA CREW

August 18 at 2 p.m.

Chicamacomico Life-Saving Station Historic Site, Rodanthe, Hatteras Island

Hear the remarkable story, with intricate details bringing it alive, from the unique perspective of Hatteras Island native Ernie Foster, great-grandson of Rasmus Midgett.

For more information: (252) 987-1552 or chicamacomico.net

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The Lord's Acre

This is much more than a community garden

Written by Leah Chester-Davis / Photos by The Lord's Acre

A garden in western North Carolina is drawing on its Depression-era roots that emphasized helping your neighbor. Called The Lord's Acre, a band of farmers donated produce from one acre of their crops to feed others in need during the 1920s and early 1930s.

The idea was resurrected in 2009 when a group in the Fairview community in Buncombe County decided the local food pantry needed fresh fruits and vegetables. Instrumental in the new effort was Pat Stone, a former editor of the Mother Earth News. He and others in the area formed a board of directors, and then recruited a former garden manager and writer for the magazine, Susan Sides, who happened to live in the area, to be the executive director. They all worked together to form a nonprofit organization that was centered on growing food for those in need. They named the new garden The Lord's Acre to honor the farmers before them.

The Lord's Acre isn't affiliated with any church, yet it draws people of all faiths who volunteer in and visit the garden. The result is a welcoming space that feeds people with much more than the impressive nine tons of food harvested each year.

Feeding people in many ways

As Susan Sides says, the true growth of the garden can't be measured. Yes, more than 3,000 volunteer hours are contributed, and the local food pantry is stocked with beautiful eggplants, tomatoes, squash, cucumbers, green beans and much more. But the garden is known as much for its community building as it is for its healthy, delicious produce.

The garden and its work have become quite well-known throughout the state and beyond. It has been featured in several books. It often is a stopping point for conference groups wanting to learn more about community gardens and what it takes to start and sustain one.

One of the goals of The Lord's Acre, says Sides, is to create a space where people are free to talk. "It is sometimes difficult for giving gardens at churches and other organizations to get people to volunteer," she explains, "but The Lord's Acre has a reputation that gets around. It is a place where people can come and not have to be concerned about fitting into a group that adheres to a certain set of beliefs. We are intentional about creating a space that feeds people in many ways."



Many people through the years have moments of delight where they discover something new.

A learning garden

Gardens offer many lessons and this one is, no doubt, a learning garden. Sides says that it doesn't matter if it's a young child or a lifelong gardener, she has seen many people through the years have moments of delight where they discover something new.

Children from 3 to 8 are introduced to the wonders of a garden in the Sprouts Program. While they are immersed in garden activities, their parents are able to serve their community, learn more about gardening and share what they know.

The Lord's Acre welcomes interns of all ages each year, with many moving on to other communities to implement lessons learned.

Sides and garden manager Jon

Strom, along with volunteers, have tapped into a nearby resource, Warren Wilson College, which helps strengthen its relationship with the community. The garden serves as a laboratory of sorts for the college students. As Sides points out, it's not only the students who benefit, but the garden, the organization and the community as well.

The students have been involved in a geographic food mapping project of the community to help bring greater awareness of gaps in food availability and where needs lie. They also have assisted with the garden's community food survey and have worked in the garden. They are working on an oral history project that highlights local gardeners. Sides says future projects include recording the history of gardens and farms in the community, while social work classes will learn and teach about how best to engage the community at large.

Each Wednesday night is Open Volunteer Night at the garden. The garden staff welcomes anyone who wants to dig in the dirt, learn more about gardening or who wants to share their knowledge. There's no need to worry if you don't have gardening experience, says Sides. "We welcome everyone of any skill level and make it a point to have garden staff on each project so no one feels lost. There will be someone there to show you the way and to guide you."

Reaching the community

The garden's efforts continue to expand. In addition to providing fresh produce to the local food pantry, fruits and vegetables go to a new effort called The Welcome Table, started by local resident Barbara Trombatori.

Each week volunteers prepare a meal and everyone is welcome. Good, fresh food and camaraderie bring people together, regardless of economic status. The goal is to weave a more united community. The set-up is such that it isn't obvious who pays and who doesn't. You pay what you can for the meal.

Last year, The Lord's Acre also started a Share-the-Harvest Market, which involves gardeners in the greater community donating leftover produce from their own gardens to fill a free market every week.

No doubt those early farmers would be proud of the legacy they left for this community. While they went into action because of the Depression-era soup lines, The Lord's Acre today recognizes there are many other forms of hunger.

"Everyone is hungry for something," says Sides. "Often, people are hungry for an opportunity to give, to be of service and to be part of something bigger than themselves."

The garden hosts open houses and tours each year, and the staff is happy to share both gardening tips and advice to others who are interested in starting a similar effort in their communities.

For directions and to learn more about The Lord's Acre, visit thelordsacre.org

After many years with N.C. State University and other organizations, Leah Chester-Davis started her own communications business. She got her start long ago as a 4-H'er giving small kitchen appliance demonstrations for her electric cooperative.

More pictures

To see a video and a slide show of pictures from The Lord's Acre, go to carolinacountry.com











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$99.99 REG. PRICE $199.99

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SUPER COUPON!

★WINNER★ Best Value Award The Family Handyman

12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW WITH LASER GUIDE
CHICAGO ELECTRIC POWER TOOLS

SAVE $160

LOT NO. 69684
61776/61969/61970



NEW $139.99 ~~$299.99~~

Item 69684 shown
REG. PRICE ~~$299.99~~

42225490

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SUPER COUPON!

4000 PEAK/ 3200 RUNNING WATTS 6.5 HP (212 CC) GAS GENERATORS
SUPER QUIET
- 70 dB Noise Level

SAVE $200

LOT NO. 68528/69676/69729
LOT NO. 69675/69728 CALIFORNIA ONLY

PREDATOR GENERATORS



Item 68528 shown

$299.99 REG. PRICE $499.99

42183738

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500 Stores Nationwide • HarborFreight.com • 800-423-2567 • Lifetime Warranty On All Hand Tools

SUPER COUPON!

42" OFF-ROAD FARM JACK

Item 6530 shown

LOT NO. 6530/60668

- 3-1/2 Ton Capacity

PITTSBURGH AUTOMOTIVE

SAVE 33%

$39.99 REG. PRICE $59.99



42301354

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SUPER COUPON!

CHICAGO ELECTRIC POWER TOOLS

14" ELECTRIC CHAIN SAW



Item 67255 shown

LOT NO. 67255/61592

SAVE 33%

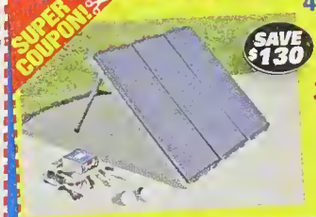
$49.99 REG. PRICE $74.99

42314904

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SUPER COUPON!

45 WATT SOLAR PANEL KIT



SAVE $130

LOT NO. 68751

$149.99

$189.99

REG. PRICE $279.99

THUNDERBOLT MAGNUS solar

42311486

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SUPER COUPON!

8 FT. 6" x 11 FT. 4" FARM QUALITY TARP

HFT

LOT NO. 2707 60457/69197



Item 2707 shown

SAVE 41%

$6.99 REG. PRICE $11.99

42294487

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SUPER COUPON!

SAVE $200

"Voted the Best Deal in Winching" – Off-Road Magazine

12,000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE



LOT NO. 68142/61256/60813/61889

Item 60813 shown

$299.99 REG. PRICE $499.99

BADLAND

42311260

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SUPER COUPON!

870 LB. CAPACITY 40" x 49" HEAVY DUTY UTILITY TRAILER WITH 8" WHEELS AND TIRES

- OOT Certified



$179.99 REG. PRICE $219.99

Haul Master

LOT NO. 42708

SAVE $40

42262791

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SUPER COUPON!

one stop gardens

3 PIECE DECORATIVE SOLAR LED LIGHTS

LOT NO. 95588 69462/60561



Item 60561 shown

SAVE 66%

$9.99 $13.99 REG. PRICE $29.99

Includes three AA NiCd rechargeable batteries.

42236466

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SUPER COUPON!

29 PIECE TITANIUM NITRIDE COATED HIGH SPEED STEEL DRILL BIT SET

SAVE 60%

WARRIOR



Item 61637 shown

LOT NO. 5889 61637/62281

$9.99 REG. PRICE $24.99

42237985

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SUPER COUPON!

3-POINT QUICK HITCH

Haul Master

LOT NO. 97214



SAVE $70

$79.99 $99.99 REG. PRICE $149.99

- 2000 Lb. Capacity
- 27-1/2" Clearance

42268614

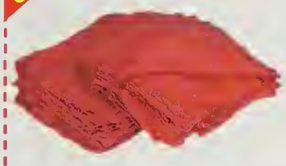
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SUPER COUPON!

HFT

MECHANIC'S SHOP TOWELS PACK OF 50

LOT NO. 46163 61878/69649 61837/68442



Item 46163 shown

SAVE 50%

$9.99

42237344

REG. PRICE $19.99

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SUPER COUPON!

12 VOLT, 15 GALLON SPOT SPRAYER

GREENWOOD

LOT NO. 9583/61263



SAVE $50

Item 9583 shown

$79.99 $99.99 REG. PRICE $129.99

42300769

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SUPER COUPON!

CEN-TECH

CAN AND OBD II PROFESSIONAL SCAN TOOL

SAVE $50

LOT NO. 98614 60694/62120



Item 60694 shown

$99.99 REG. PRICE $149.99

42302590

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SUPER COUPON!

Haul Master

9" x 72" 2 PIECE STEEL LOADING RAMPS

- 1000 lb. Capacity



SAVE 50%

LOT NO. 44649 69591/69646

Item 44649 shown

$39.99 REG. PRICE $79.99

42241538

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SUPER COUPON!

LOT NO. 61899/60497 93888/62399

MOVER'S DOLLY

Haul Master

- 1000 lb. Capacity



SAVE 46%

$7.99 REG. PRICE $14.99

Item 93888 shown

42306484

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SUPER COUPON!

"Impressive Accuracy, Amazing Value" – Car Craft Magazine

TORQUE WRENCHES

PITTSBURGH PRO

- Accuracy within ±4%



YOUR CHOICE!

$9.99 REG. PRICE $29.99

SAVE 66%

1/4" DRIVE LOT NO. 2696/61277

3/8" DRIVE LOT NO. 807/61276

1/2" DRIVE LOT NO. 239

Item 239 shown

42294817

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SUPER COUPON!

STEP STOOL/ WORKING PLATFORM

Haul Master



SAVE 34%

LOT NO. 66911

$22.99 REG. PRICE $34.99

- 350 lb. Capacity

42282432

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SUPER COUPON!

10 FT. x 17 FT. PORTABLE GARAGE



Item 69039 shown

SAVE $120

HFT

$179.99 REG. PRICE $299.99

LOT NO. 69039 68217/60727/62286

42266266

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SUPER COUPON!

12 VOLT, 250 PSI AIR COMPRESSOR

PITTSBURGH AUTOMOTIVE



SAVE 60%

LOT NO. 4077/61740

Item 4077 shown

$59.99 REG. PRICE $14.99

42273735

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Rosebud's dentist's office was on the second of the former Davis store on Main Street.

ROSEBUD

The legendary dentist of East Bend

by Sandra Miller

She was a woman dentist in a man's world, faithful to her Yadkin roots, and respected by all. I never heard anyone address her as "Dr. Garriott." She was just "Rosebud" to the town folks, and many were the tales of her generosity during the rough Depression years.

It was in the early 1970s when I first met Rosebud. Still practicing in the same spot for six decades, her back was bent from her occupation. Her assistant Lochie Sears (pronounced "Lockie") met me at the top of the old creaking stairs leading to the second floor of East Bend's general store on Main Street, originally operated by Henry Davis but long since closed. I found them both to be delightful, in spite of age and ancient dental equipment. Rosebud took a look at my abscessed tooth and wrote me a prescription for penicillin to take until I could see my regular dentist in Yadkinville.

The family

Rosebud was born July 3, 1892, the first child of Thomas Evan Morse and Anne Laurie Wade. They called the baby girl Rosebud, because they thought her mouth resembled a tiny rosebud. Her sister Italy came along two years later, and her name was chosen because of her sunny disposition. The only boy, Duke, was named after the tobacco company family in Durham. And the last child was called Erie, because her eyes reminded them of the blue water of Lake Erie. All the children except Erie went into dentistry, but only Rosebud remained in East Bend her entire practice.

The Morse family lived in, owned and operated the Morse & Wade Hotel, later called the Yadkin Valley Hotel, across the street from the Davis Store. The family employed Bet Sears, who also raised her three children in the massive building. After Rosebud's siblings left, Bet Sears remained Rosebud's bookkeeper and housekeeper. Bet's daughter Lochie became Rosebud's lifelong dental assistant. Lochie's brother Edward had one son, who was raised in East Bend. Rev. Ed Sears, now pastor of Grace Baptist Temple in Winston-Salem, recalls spending time in the big hotel. "It was like a rooming house situation," he says.

A portion of the hotel was designated for the production of small plug tobacco sacks, "back when people rolled their own smokes," says Ed Sears. After the sacks were sown, the Morse business paid local women at home to clip, turn, string and tag the bags in bunches of 25. Sears recalls his father talking about traveling around the community to collect the sacks, which then were sold to tobacco companies. With the distribution of the sacks, the Morse family provided women with a way to make extra money during hard times. When work was scarce, they distributed the sacks to the families considered in worse need.

Not forgotten

Rosebud was one of the first females to graduate from dental school at Emory University, in Atlanta, in 1916. She

married Leonard Garriott, a traveling construction worker, but the relationship was short-lived. She practiced in East Bend for 64 years, until just weeks before her death on October 13, 1980. Rev. Sears spoke of his last visit with Rosebud in her dying hours in intensive care. "I gave her the last drink of water and sang the hymn that she wanted me to sing—'Sweet Hour of Prayer.' Shortly afterwards she passed away."

Most of the little town of East Bend's historic landmarks have succumbed to progress. The hotel was torn down, and Reese's Restaurant and a laundry have taken its place. But the Davis Store building across the street still stands as a memorial to some of East Bend's prominent businesspeople. The portion downstairs that housed the general store is now Kitchen Roselli's, a popular Italian restaurant. The three-story home of Dr. Evan Benbow, who practiced in East Bend for 40 years, remains on one side of the original Davis Store. And the Drummers Home, which was a hotel and livery stable for traveling salesmen known as "drummers," sits on the other side. These three buildings are about the last of the historic Main Street landmarks, which once brought commerce to a budding East Bend.

Those of us who had the good fortune to meet Dr. Rosebud can still glance fondly at the upstairs window of the old building and, for a fleeting moment, visualize Rosebud working fervently with her faithful sidekick Lochie. They say that Rosebud sometimes dangled a cigarette from her lips as she worked on her seated patients. Many of us have heard only stories about the renowned dentist, but the building serves as a reminder that once upon a time a woman in a man's world, with an unusual name and a big heart, worked there.

Dr. Rosebud's dental chair and equipment, along with the primitive sewing machine used to sew the tobacco sacks, are on display for public view at the East Bend Public Library.

Sandra Miller is a freelance writer in Yadkin County and author of "When Mountains Move," a memoir.



Rosebud's equipment, including the chair where her longtime assistant, Lochie Sears, would sit, are now on display at the East Bend Public Library. Photographs by Melissa Hobson.







Running Behind the Fogging Machine

Mosquito control then and now

by Donna Campbell Smith

Summertime was carefree when I was a child growing up in the 1950s in Washington County. It was also when mosquitoes were on attack with their itchy, annoying bites. Back then, I wasn't aware of the diseases those tiny black, blood-sucking bugs could carry, just that I hated them. Oily 6–12 repellent (which was discontinued in 1991 due to evidence of birth defects in animals) helped some.

Towns controlled mosquitoes by spraying a fog pumped from the back of a truck in the evenings. Playing outdoors, we could hear the truck as it slowly worked its way through the streets long before it reached our block. We watched for the plume of fog that chugged out from the back of the truck. The cloud of insecticide was so thick that as it passed our houses we couldn't even see across the street. Children ran behind the truck, playing in the cover of fog, until it turned the corner and proceeded down the next street.

The fogging machine pumped clouds of DDT-laden fog as it was driven up and down the streets in most southern towns. Not until the 1970s did laws restrict the use of DDT. After the ban, some communities sprayed with petroleum products, which proved just as unhealthy and also presented a fire hazard in some instances.

Fogging today

Many towns and counties still fog to kill adult mosquitoes. Coastal counties sometimes resort to aerial spraying after hurricanes leave behind standing water, an ideal breeding ground for mosquitoes. Insecticides containing natural pyrethrins derived from chrysanthemum flowers or synthetic pyrethroids are now used to "fog" mosquitoes. While these chemicals do not harm humans and pets, they are toxic to fish and other insects, such as honeybees. You should not go out during the fogging, and it is wise to close windows and doors until the mist dissipates, especially if you have allergies or other respiratory problems. The argument arises as to whether the risk of deadly diseases that can be transmitted by mosquitoes, like malaria and West Nile, outweighs the risk of using insecticides to control them.

Repelling mosquitoes yourself

There are many things we as individuals can do to control mosquitoes. Your first line of defense is to make sure you are not providing them with a friendly environment. Before you resort to chemical warfare, take a good look around. Mosquitoes lay their eggs in water, and the eggs hatch into larvae that develop into more adults. Stop that cycle by removing anything outside that collects water. Change pet bowls daily, empty the birdbath daily, or use a product called "mosquito dunks" (natural insecticide pellets that dissolve in water and kill larvae). Get rid of old tires, tarps, wading pools, cups, bottles or anything else that may trap water. Make sure ditches are draining. Fill in any low areas where water stands.

Encourage birds, bats and insects that prey on mosquitoes to live in your yard. There are even plants that repel mosquitoes, including herbs like rosemary, basil, garlic, lemongrass and catnip. Plant these near your patio to help make your time outside more pleasant. There are a number of repellents you can apply to your clothes. Wear long sleeves and long pants while working outside. To keep mosquitoes out of your house, keep your window and door screens in good repair. Using chemical sprays should be a last resort, and when you do be sure to follow instructions carefully.

Donna Campbell Smith is a Carolina Country contributing writer who lives in Franklin County.

For more information

NC Cooperative Extension Mosquito Control
robeson.ces.ncsu.edu (search mosquito control)

Pyrethrins fact sheet nccoast.org (search pyrethrins)

Repel them with plants franklin.ces.ncsu.edu (search reduce mosquitoes)

N.C. Mosquito & Vector Control Association ncmvca.org

Mosquito Dunks mosquitoreviews.com/naturalcontrol

CONNECTION

PIEDMONT ELECTRIC MEMBERSHIP CORPORATION MEMBER NEWSLETTER AUGUST 2014



YOU HAVE THE POWER TO LOWER YOUR ENERGY BILL!

It's easy to see how to save money when you're out shopping. For instance, when you're at the grocery store, you can see the connection between the products and brands you buy and your total bill. But when it comes to energy use in your home, it can be more difficult to clearly see the link between your daily choices and your monthly bill.

Luckily, we have several tools that can lower your monthly bill and help you understand the link between how you use appliances in your home and the amount you pay for electricity each month. Piedmont Electric is always looking for tools and programs that help members lower their electric bills.

If you want to lower your electric bill, sign up for these energy and money saving tools and programs today!

MyUsage (part of SmartHub) shows daily information about your total energy consumption. How is that information useful? Try setting your thermostat to a different temperature for a few days, then log into SmartHub's MyUsage to see how it impacts your daily usage, and ultimately, your monthly bill.

- Our **Load Control** program uses smart switches to cycle down your air conditioner or turn off your water heater during peak energy demand periods. This program reduces the cooperative's overall energy costs and pays you for your enrollment.
- You can take advantage of substantial monthly savings on your utility bill when you sign up for **Time-of-Day Rates**. By participating in this program, you agree to shift your energy usage from peak hours into lower-cost off peak hours. For example, during the hot summer months, choose to run your clothes dryer and dishwasher later in the evening or early morning instead of the middle of the day.

SEPT 1

Piedmont Electric will be closed for Labor Day.

Employees will be on call.

NEW EPA LEGISLATION IMPACTS ELECTRIC COOPERATIVES

LEARN MORE ON PAGE 26



PEPA DIARIES: FAMILY REUNION

LEARN MORE ON PAGE 27

BRIGHT IDEAS

DON'T FORGET!

Applications for the Bright Ideas Grant Program are now being accepted! Early-bird deadline is **August 15, 2014**. Submit your application early and be entered to win one of five $100 Visa gift cards. Final applications are due **September 19, 2014**.

Visit www.ncbrightideas.com to apply.

PRESIDENT'S LETTER



New EPA Legislation Needs to be Balanced

Any of our members who have watched newscasts over the last couple of months will have heard the news regarding new regulations from the United States' Environmental Protection Agency (EPA) regarding carbon emissions. These regulations, which are referred to as the "Clean Power Plan," are designed to reduce carbon emissions, clean up air quality and help fight global warming. All of these changes come at a cost, which will be passed to all users of electricity in the form of higher rates for both commercial and residential members.

The EPA's new regulations will require North Carolina to reduce their emissions by 39% by 2030. Much of North Carolina's energy generation comes from coal-fired power plants. Much of the investment into meeting these EPA standards will most likely be in the form of making these coal-fired plants more efficient. Our major concern is that the aggressive targets outlined by the regulations will increase cost and reduce reliability.

Piedmont Electric has partnered with North Carolina's electric cooperatives to seek a balanced solution that helps to address the environmental concerns without overly burdening our members. Piedmont Electric is committed to working with state government officials and other stakeholders to ensure that any changes to EPA regulations do not affect our ability to provide safe, reliable and affordable power to our membership.

As a member of an electric cooperative, you have a powerful voice in all of the decisions being made. The draft EPA regulations are open for public comment at **www2.epa.gov/carbon-pollution-standards/how-comment-clean-power-plan-proposed-rule** or you can visit the national electric cooperative website which stresses a balanced approach at **www.nreca.coop/political-action/cooperative-action-network/epa/**. All comments are needed by October 16, 2014.

Stay tuned to future issues of the Piedmont Electric Connection for updates on the EPA's Clean Power Plan and the efforts to find a balanced solution from your cooperative.

R.G. Brecheisen
President & CEO of Piedmont Electric

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Sign up for load control and get a **FREE GIFT!**

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CO-OP CONNECTIONS® CARD



Cash Back Mall

Piedmont Electric introduces the Co-op Connections® Cash Back Mall, where you can earn cash back on purchases of more than **300,000,000** products from more than **4,000** online merchants, including Bass Pro Shops, Macy's, Target and Walmart. Start today by visiting **www.connections.coop/cashbackmall** and download the free Cash Back Mall "Shopping Assistant" to quickly access cash back deals!

Use your card to access thousands of local and national discounts for Back to School purchases!

PEPA DIARIES: FAMILY REUNION

The Piedmont Electric Powered Automobile or "PEPA" (pronounced "Peppa") is a Ford C-MAX Energi Hybrid electric vehicle driven by Susan Cashion. In our quarterly column, the PEPA Diaries, we follow Susan's adventures with PEPA as she drives across the Piedmont Electric Service area.

The 2014 Piedmont Electric Annual Meeting was an exciting time for PEPA and I! Not only did we get another opportunity to put her on display for all of our members, but she also had a "family reunion" with a number of other electric vehicles also on display at the event.

The vehicles included a Nissan Leaf, a 100% electric vehicle that never needs a drop of gas. Depending on how the owner drives the Leaf, or cousin Leaf as we like to call him, he can get an estimated average of 84 miles per charge! Also in attendance was an electric Ford Fusion that can get up to 95 MPGe per charge!

All of these electric vehicles are perfect for driving around town or for taking short trips out of town, but what about longer road trips for your own reunions with family and friends? The combination gas and electric Ford C-Max Energi Hybrid can switch to gas once the battery is drained, but for the Leaf, it's important to know where charging stations are along your route. In North Carolina, there are currently 213 charging stations, and there are 8,222 charging stations across the United States as a whole! Luckily there are websites that will tell you where charging stations exist no matter where you are! Visit **www.afdc.energy.gov/fuels/electricity_locations.html** to begin your charging station search.

Piedmont Electric members who want to know more about the gas savings and the effects of charging on their power bill can check out our Electric Vehicle Calculator at www.pemc.coop under "Save Energy and Money." Stay tuned to the PEPA Diaries for more adventures with the Piedmont Electric Powered Automobile!

Piedmont Electric employees joined a representative from Michael Jordan Nissan to assist members who had questions about electric vehicles during our Annual Meeting.







PEPA on display with several other electric vehicles at the 2014 Piedmont Electric Annual Meeting. PEPA is currently getting 82 MPGe.

BY THE NUMBERS

6,073 MEMBERS ↑ 10 MEMBERS
are participating in the A/C Load Control Program

4,623 MEMBERS ↑ 6 MEMBERS
are participating in the Electric Water Heater Load Control Program

945 MEMBERS ↑ 21 MEMBERS
are participating in the FlexPay Program

4 MEMBERS ↑ 1 MEMBER
have turned in receipts for 20 LED bulbs, representing a total of 11,720 kWhs saved toward our Senate Bill 3 Mandate

43 MEMBERS
received solar water heater rebates

927 MEMBERS
have installed electric water heater wrap kits

608 RESIDENTIAL MEMBERS ↑ 1 MEMBER
have signed up for Time-of-Day Rates

1,016 VISITS ↑ 2 VISITS
made to TogetherWeSave.com, where you can learn more about the power of your electric cooperative membership.

601 MEMBERS
have signed up to participate in the "Beat the Peak" program

1,374 MEMBERS
are participating in Project Helping Hand

THIS MONTH'S RIGHT-OF-WAY ACTIVITY

CASWELL COUNTY

- Cherry Grove Rd
- Turner Rd
- Brintle Rd
- Pogetown Rd
- Boone Rd
- Rice Rd
- Comp Springs Rd
- Show Rd
- Stodler Rd
- Kerr Chapel Rd
- Whitesell Brothers Rd

(and surrounding areas)

Locations are SUBJECT TO CHANGE due to uncontrollable circumstances.

CALCULATORS AND APPS GIVE YOU THE POWER

Piedmont Electric understands that many different aspects of your life control how much power you consume. That's why we have developed a number of calculators and applications to help you better understand your bill as well as the appliances and decisions that can increase your energy costs. You can find each of these calculators at **pemc.coop/save-energy-money/web-tools-and-apps/**.

- **Analyze My Bill**



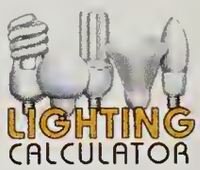
Uses historical data from your energy account to provide cost saving recommendations and calculate actual power-usage around the home. Perfect for understanding higher than average bills and finding ways to save!

- **Home Energy Calculator**



Even if you don't have an account number handy, the Home Energy Calculator can help you find out where you are consuming the most energy. Simply answer a couple of questions about the appliances in your home and this calculator will recommend energy-saving solutions!

- **Lighting Calculator**



This app is a quick and easy way to see how changing light bulbs can save you money and help the environment! This calculator even lets you compare different types of bulbs so you can find the one that works best for you!

SUMMER IS THE BEST TIME TO CONSIDER EFFICIENT HEAT PUMPS



As the weather heats up rolling into the "Dog Days" of August, cold weather and space heaters are probably the last thing on most members' minds. Late summer, is the perfect time of year for you to start thinking about how you will be heating your home this winter, and plan for any improvements you'll need this fall.

If you have been using a space heater to heat your home during the winter, you might be surprised how much it costs to run. Head over to **pemc.coop/save-energy-money/** and click "Calculators and Apps" to use our Space Heater Calculator. This app will help you see how much energy a space heater uses each month and how that reflects in your energy bill.

For some members, this summer or fall might be an opportunity to lose the space heater and move toward a more energy efficient heat pump. Piedmont Electric would love to guide you through the purchasing process by offering recommendations about different systems, so you can choose the best option for you and your family. To schedule an appointment with one of our HVAC Experts, call 919.732.212 or 800.222.3107.

PIEDMONT ELECTRIC CONNECTION

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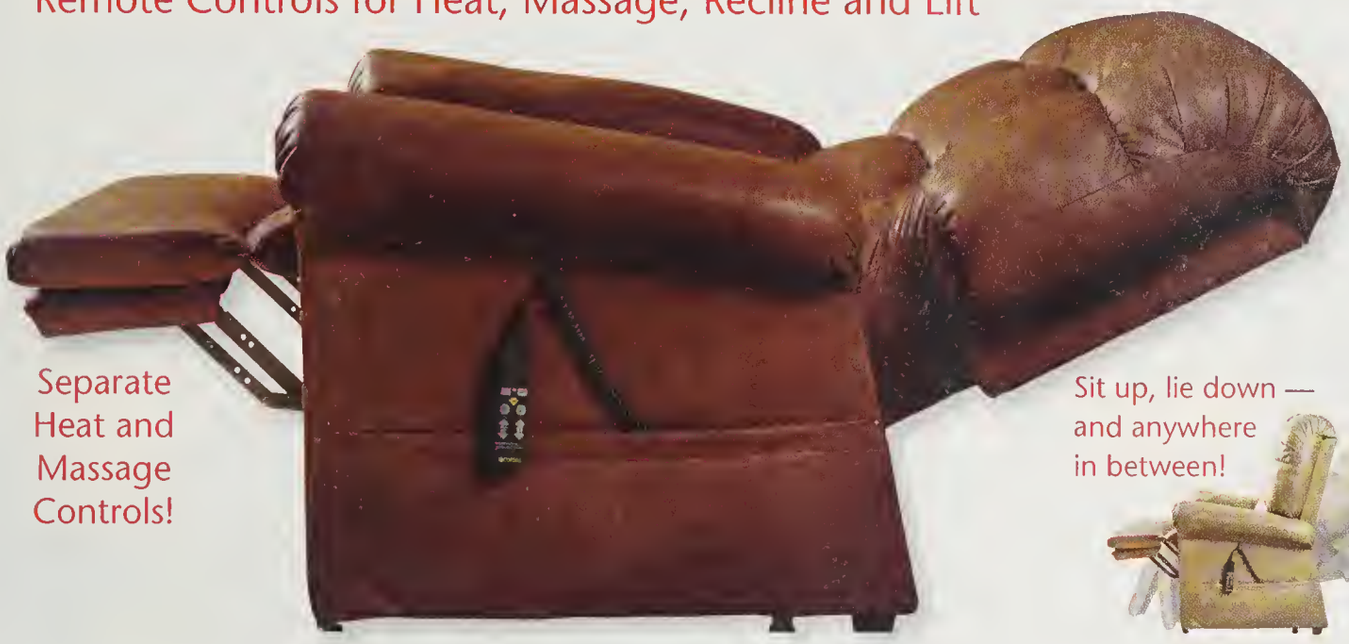
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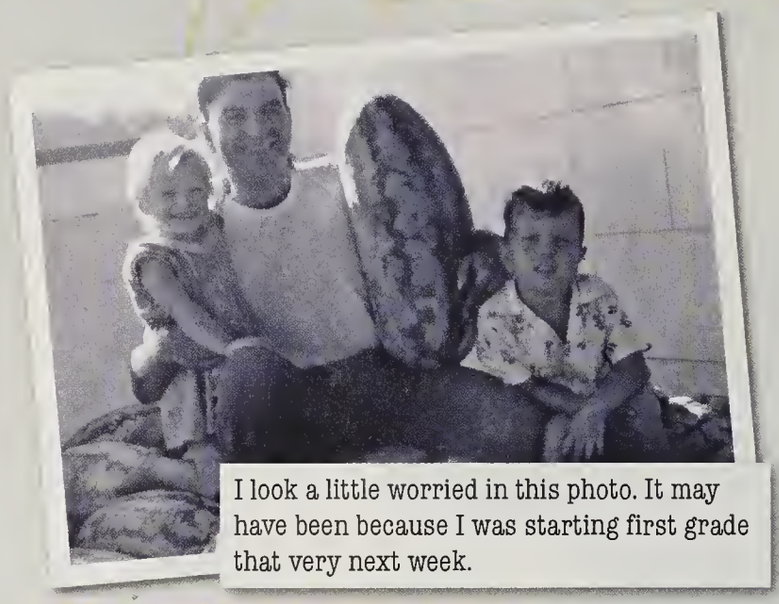
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I Remember...



I look a little worried in this photo. It may have been because I was starting first grade that very next week.

My dad's watermelons

This picture from 1957 shows me (right), age 5, my dad Grover, and my sister Margaret, age 3. My dad is showing off one of his large watermelons raised from his personal garden. I marveled at his ability to farm and grow such plentiful, bountiful gardens and watermelon patches. He often grew melons that weighed 100 pounds. His secret was cow manure as fertilizer that would make the melons large and extra sweet. We lived outside of town but people would still make the drive from town to purchase my dad's watermelons. He died in 1986, and to this day I have not found a watermelon as sweet as his were.

Gary Biles, Locust, Union Power Cooperative

The hard life

I was born in 1956, the youngest of 12 children. My dad died at age 75 when I was 11, leaving my mom to raise the children. We rented an old farmhouse at $15 a month. The house was divided into two sections, one with bedrooms and a living room, the other with a large kitchen. We heated by wood. Mom would build a fire so we could get up and dressed, then go outside on the porch and into another entrance to build a fire in the kitchen. We did not have any indoor plumbing but did have an outhouse. We drew water from the well pump which set on the porch and used a wringer-type washer. We heated water on the stove to wash clothes and take baths in tin tubs.

Mom fixed a hot breakfast each morning before sending us to school. After school we would join Mom in the fields and work until dark.

We farmed for a neighbor, raising peanuts and sweet potatoes and picking cotton. We raised a large garden and canned everything we could for the winter. Mom also did babysitting for a lot of people.

We didn't have a car, so we walked to church every service and to the country store for groceries, rain or shine, hot or cold. Neighbors would give us clothes, and we got one pair of shoes a year.

Mom got Alzheimer's and died November 2001 at the age of 85. There are still seven of us living. Not many people could take that lifestyle today, but I remember it well.

Joann Auton, Vale, Rutherford EMC



The old farmhouse we rented.

New white dresses for summer revival

My mom, Flossie Gregory Johnson, was one of 10 children that Pappa and Grandma Gregory had. It wasn't easy for them, but somehow Grandma got enough material to make mom and her older sister, Etta, white dresses to wear to the August summer revival at their church, a social event for everyone in the community.

The church was cleaned inside and out. The church benches were painted, floors and windows were cleaned, church grounds trimmed. It was hot and humid, and the paint on the benches was kind of sticky because it wasn't completely dry. As mom and her sister sat down they flipped up the tails of their new white dresses so they wouldn't get paint on them.

When the service was over, they wanted to get up real quick so everyone could see their new dresses. But as they got up, their underpants stuck to the paint on the bench. Needless to say, they sat down faster than they stood up.

Doris Chatham, Statesville, EnergyUnited

The runaways

It all began in 1925 when a pretty 16-year-old girl "ran off" with a handsome 19-year-old boy. ("Running off" was a very popular thing in those days.) Their names were Pearl Braswell and Paul Thomas, both from the Burnsville area of Anson County. I am blessed to have called them Grandma and Grandpa.

They slipped off and got married on December 6 and headed to Charlotte to begin their new lives. Of course, there

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grandparents with my Aunt Mae Wright, n in 1926, the first of their five children.

was no quick communication in those days, so it was a full three weeks before they had contact with their families when coming home for Christmas.

Grandma was quite a "daddy's girl" and was very worried about what her daddy's reaction would be. When she walked in the room, her daddy smiled, held out his arms and said, "Well, come here, you old runaway." She said he hugged her tighter than ever. Grandma would always get tears in her eyes upon telling this story.

They eventually moved back to the Hopewell Church community where Pearl and Paul Thomas raised five children, four of whom are living today. I lived right beside them, and they both had a huge influence on my life.

Tammy Thomas, Peachland, Pee Dee EMC

The Pencil Pal

In the 1980s, the electric company I worked for up north had a program called Pencil Pals. The premise was to write to inner city kids and encourage their writing skills. I chose a school that my father had attended in his youth. At the end of the Pencil Pal year we would take a charter bus to the school, meet our Pencil Pal, have lunch and spend some time either playing games in the classroom or on the playground. The kids also got to meet Mr. Pencil.

The day came to meet Connie. Her teacher told me she was quite nervous for days before about the entire process. We had lunch, and Connie asked if we could return to her homeroom to play a game, because she was not feeling well. We were playing a board game when Connie announced, "I do not feel so good," and she proceeded to vomit all over me and into my purse. The teacher ran over and escorted me to the teachers lounge and Connie to the nurse. We returned to the classroom and—you guessed it—again she vomited all over me. This time she stayed in the nurse's room!

Needless to say she felt so very bad, but I reassured her that as a mom I had seen vomit before. No one seemed to want to sit near me on the bus on the way back to our vehicles, and my "sympathetic" friends decided to rename the program Pukey Pals.

Jeannine Sweet, Supply, Brunswick EMC



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In sickness and in health

by Brenda I. Pardue



My parents, Ray and Laura Mae Ireland.

For many years before her death in 2009, my mother suffered from Alzheimer's Disease. Her primary caregiver was my dad. At first, Mama was just forgetful and repeated herself more than usual. As time went on, she became unable to do things around the house that she had always done. Daddy had always done the "outside work," while Mama cooked, cleaned and washed clothes. Now Daddy just naturally took over for her. He was good at doing laundry and became a passable cook. He could put a few meals together in short order.

They also ate out a lot!

Daddy instinctively knew that Mama was happier when they followed a routine. They went out to dinner several times a week and always at the same place: the K&W Cafeteria in Statesville. They went there so often that all the workers knew them. As Mama's illness progressed, she was unable to feed herself, so Daddy helped her and they still enjoyed their "date nights."

Sometimes when they would turn in their driveway after an evening out, Mama would become confused and ask Daddy why they were stopping there. She didn't recognize her home. When that happened, Daddy would just bring her out the road to my house for a little visit. After a few minutes he would say, "Well, Laura Mae, let's go home." Most of the time she would be agreeable and ready to go. Daddy discovered that a little patience and a smile was the best way to get Mama to cooperate.

The time came when Mama stopped talking and no longer recognized her friends and family, but her face always lit up when she saw Daddy. When Mama died in January 2009, she and Daddy had been married for 66 years and 11 months—for better or for worse, in sickness and in health.

Daddy died in May 2013 at the age of 92. He left his children and grandchildren a legacy of immeasurable worth: an example of enduring love and vows honored.

Brenda I. Pardue lives in Hamptonville and is a member of EnergyUnited.

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"A CHARLOTTE SUMMER"

Art by Susan Vaughn

Susan Vaughn's oil paintings on canvas have been shown in many galleries, have won several competitions and are represented in collections in the U.S. and Europe. "A Charlotte Summer" is in the corporate collection of the CMC Waxhaw Healthcare System, Waxhaw, and can be seen in the sitting area there. Of this work, Susan says, "This special young girl worked all summer long raising money for autism research for her sister. She looks as though she needs the lemonade most of all. "The photographic reference for this painting was provided by Charlotte photographer Patrick Schneider. Susan does not make prints of her work, but she does accept commissions.

Susan Vaughn also has ventured out in other ways. Her fine art can be seen at marysusanvaughnfineart.com. Her Red Easel organization provides inspiration and information for visual artists at www.redeasel.com. Her personal blog, Raisin Toast, connects her with women and mothers around the world: www.raisin-toast.com.

Susan and her husband live in Union County and are members of Union Power Cooperative.

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Strong, educated girls

The mission of Girls Incorporated of the Albemarle is to inspire northeast North Carolina girls aged 5–15 to be strong, educated and reach their full potential. Its after-school enrichment program in Elizabeth City, which begins Monday, Aug. 25, incorporates research-based programs that focus on girls' needs today.

Girls enjoy outdoor sports and activities, are assisted with homework, make arts and crafts, sew and participate in a Girls Inc. identity program. Girls also take field trips to Port Discover, Museum of the Albemarle and hear guest speakers. Staff begins taking applications in early August. To learn more, visit girlsincofthealbemarle.com. To register, call (252) 335-7346.





From the Girls' Bill of Rights

- Girls have the right to be themselves and to resist gender stereotypes.
- Girls have the right to take risks, to strive freely, and to take pride in success.
- Girls have the right to accept and appreciate their bodies.
- Girls have the right to have confidence in themselves and to be safe in the world.



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that Putt-Putt began in North Carolina? Don Clayton created the first Putt-Putt in Fayetteville in 1954. The former insurance salesman was frustrated by the windmills, waterfalls and other "junk" he played through on a miniature golf course, and he vowed to design something better.

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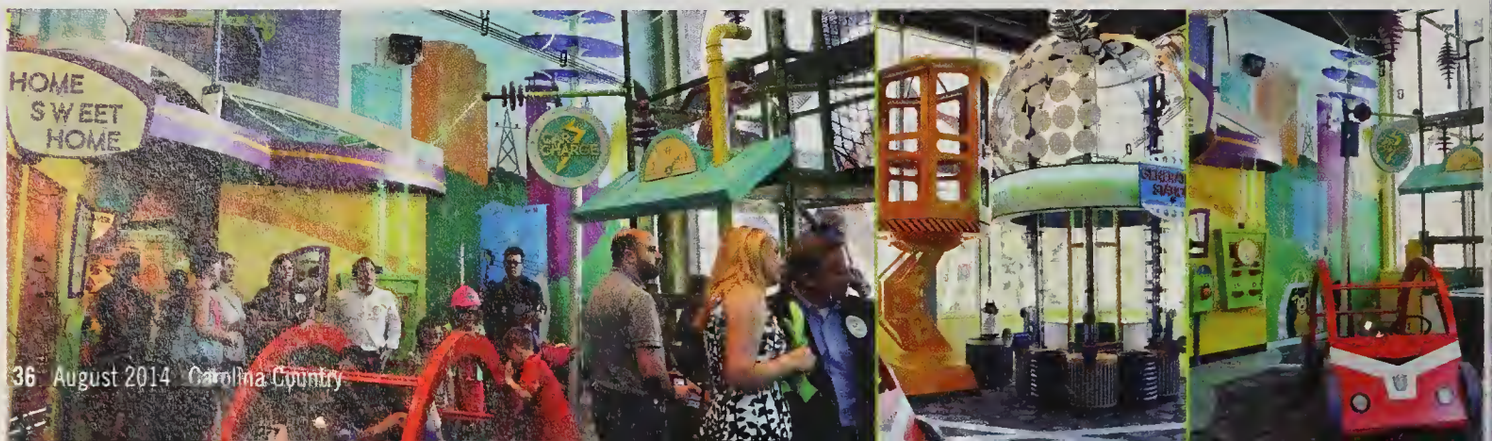
tar heel lessons
a guide to NC for teachers and students

Kids learn about energy via hands-on power grid

A new, one-of-a kind interactive power grid exhibit designed for children has opened in Raleigh. Kid Grid, located in Marbles Kids Museum, playfully introduces young children to electricity and power grid technology through hands-on play. Kids explore a pretend power grid and learn how to make smart energy choices.

Kid Grid features play versions of control systems, motors, towers and transformers, and promotes early learning in science, technology, engineering and math (STEM) education. Kid Grid was funded by a $1 million grant from ABB, a global leader in power technology, and opened in June.

Marbles provides learning experiences for children through innovative children's exhibits, programs and events, and larger-than-life IMAX movies on North Carolina's only giant screen. (919) 834-4040; MarblesKidsMuseum.org or IMAXRaleigh.org





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You can reach Charles Joyner by e-mail: joyner@carolinacountry.com

Domi-No.s

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1	1	4	4
O	O	Y	Y
		X	8
			P
—	—	—	—

1	0	3	8
O	A	L	P
		X	8
			P
—	—	—	—

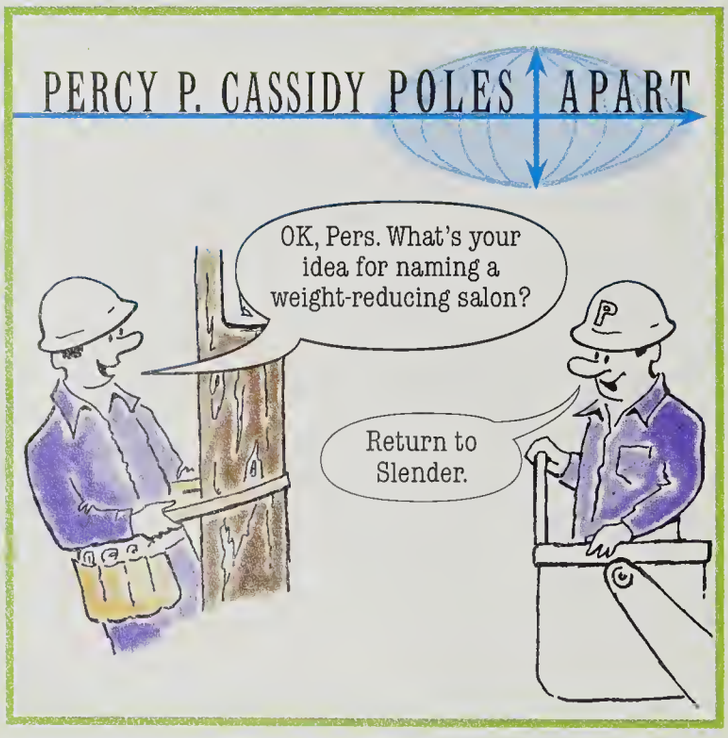
CODE KEY

0	1	2	3	4	5	8	9
A	O	D	L	Y	R	P	W

LIGHT VERSE

Tomorrow and tomorrow and tomorrow
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And all our yesterdays, fast disappearing,
remind us once again to mow the lawn.

—cgj



For answers, please see page 49



In Hillsborough recently a judge sentenced a convicted murderer "to life in prison without parole plus about eight years."

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PRS 7	TUV 8	WXY 9

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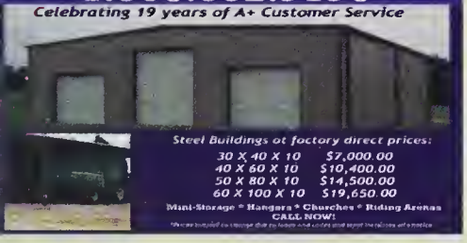
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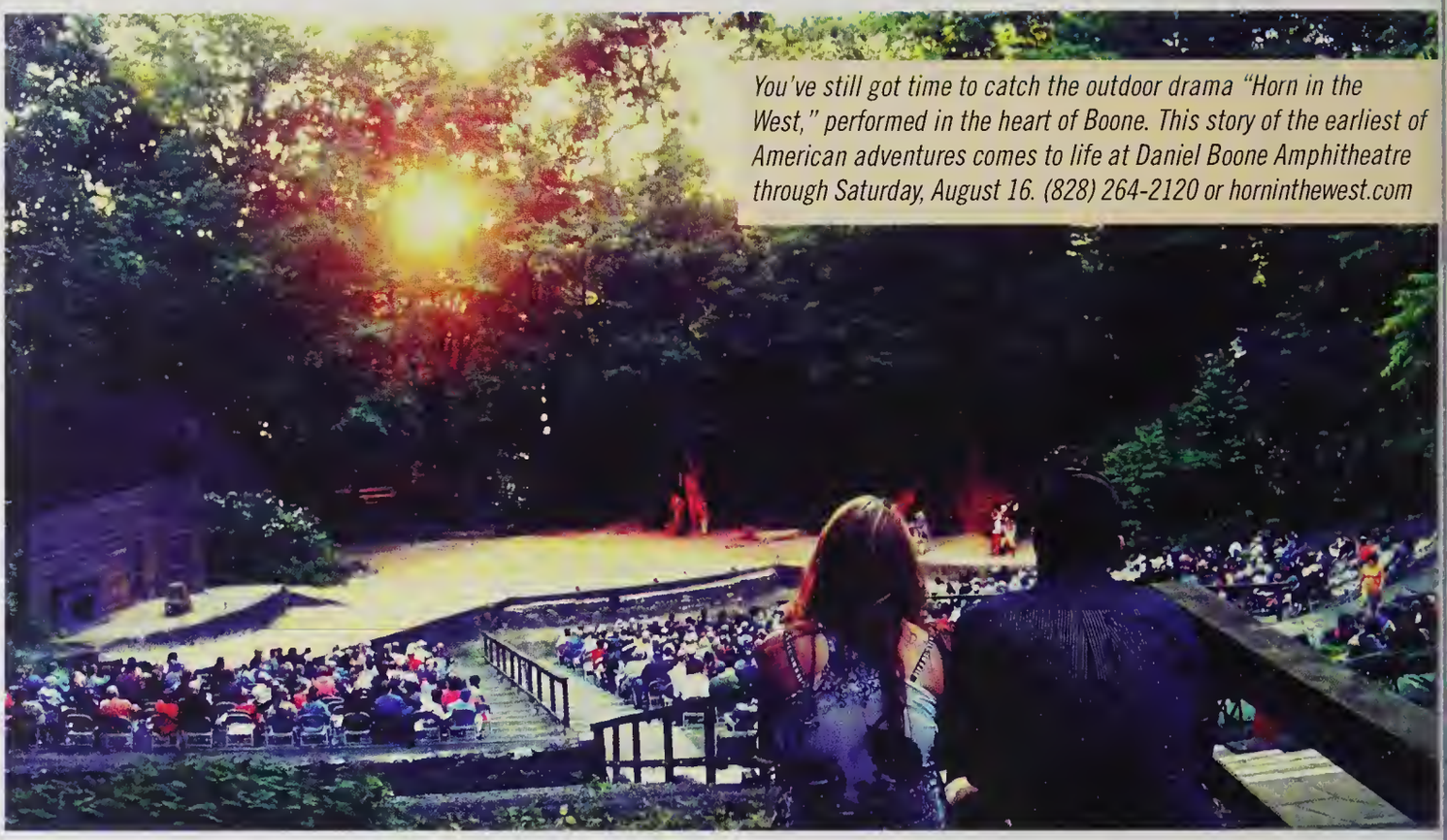
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August Events



You've still got time to catch the outdoor drama "Horn in the West," performed in the heart of Boone. This story of the earliest of American adventures comes to life at Daniel Boone Amphitheatre through Saturday, August 16. (828) 264-2120 or horninthewest.com

Mountains (west of I-77)

Caffeinated Art
Aug 1, Hendersonville
(828) 696-9052

Bluegrass & Old Time Fiddlers Convention
Aug. 1–2, Jefferson
(336) 846-2787
ashefiddlersconvention.org

58th Mt. Mitchell Crafts Fair
At Town Square
Aug. 1–2, Burnsville
(828) 682-7413
Yanceychamber.com

Art & Antique Show
Aug. 1–3, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Mountain High BBQ Festival & Car Show
Aug. 8–9, Franklin
(828) 524-3161
mountainhighbbqfestival.com

Native American Gathering
Dark Mountain Park
Aug. 8–10, Wilkesboro
(336) 926-99112

Back 2 School Festival
Aug. 9, Boone
(828) 964-7233
back2schoolfestival.org

Celebration Of Women In The Arts
Aug. 16, West Jefferson
(336) 846-3827
florenceartschool.org

Festival Of Tables
Aug. 16, West Jefferson
(336) 846-5764
acfmc.org

Summer Wine Tasting Dinner
Aug. 16, Ronda
(336) 526-1078
raffaldini.com

Riverview Lions Festival
Aug. 16, Creston
(336) 385-1339
riverviewlions.wordpress.com

Art In The Park
Aug. 16–17, Blowing Rock
(828) 295-7851
blowingrock.com/artinthepark

Uniquely Local Food Crawl
Aug. 21–24, 28–31, Waynesville
(828) 734-9574
buyhaywood.com/uniquely-local-food-crawl

Cruso Quilt Show
Aug. 22–23, Canton
(828) 648-5633

Happy Valley Old-Time Fiddler's Convention
Aug. 29–31, Lenoir
(828) 729-7399
happyvalleyfiddlers.ocm

Founders Day Fair
Aug. 30, Brevard
(828) 884-2347
transylvaniaheritage.org

Foothills Native American Style Powwow
Aug. 30, Thurmond
(336) 306-4654

God Of Second Chances Music Festival
Aug. 30, Cherryville
(704) 447-5090
catawbavalleymusicrevival.com

ONGOING

Art Walk
First Friday through Nov., Murphy
(828) 644-0043
valleyriverarts.com

Thunder Road Cruise In
First Sunday through Oct., Mount Airy
(336) 401-3900

Street Dance
Monday nights, Hendersonville
(828) 693-9708
historichendersonville.org

Carson House Guided Tours
Wednesdays–Saturdays
(828) 724-4948
www.historiccarsonhouse.com

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

Charity Horse Show
Through Aug. 3, Blowing Rock
(828) 295-4636
blowingrockhorses.com



Listing Deadlines:
For Oct.: Aug. 25
For Nov.: Sept. 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

BRAHM Art & Antiques Weekend
Through Aug. 3, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Horn In The West
Through Aug. 16, Boone
(828) 264-2120
horninthewest.com

Artists In Residence
Through Aug. 19, Blowing Rock
(828) 295-4636
blowingrockhistoricalsociety.com

Cruise In
Second Sat. through Sept., Dobson
(336) 648-2309

Art-in Healing Gallery
Through Sept. 30, Lenoir
(828) 754-2486
caldwellarts.com

Hickory Ridge Living History Museum
Through Oct. 11, Boone
(828) 264-2120
hickoryridgemuseum.com

Fine Art & Heritage Craft Workshops
Through Oct. 31, West Jefferson
(336) 846-3827
florenceartschool.org

Friday Night Jam Session
Through Nov. 21, Lake Toxaway
(828)966-4060
toxawaycc.com

Piedmont (between I-77 & I-95)

Truck & Tractor Pull
Aug. 1–2, Henderson
(919) 291-9501
tpull.com

Run For The Red
Aug. 2, Fayetteville
(910) 867-8151
redcross.org/news/events

An Evening With Judy Collins
Aug. 2, Raleigh
(919) 664-6795
ncartmuseum.org

Wild Wings
Aug. 2, Belmont
(704) 825-4490
dsbg.org

Fun Night Square Dance
Aug. 2, Raleigh
(919) 266-6986
trifun.org

Boat-In Movies
Aug. 9, 19, 23, Cornelius
(704) 892-6031
cornelius.org/parc

Carolina Chocolate Drops
Array of musical styles
Aug. 9, Raleigh
(919) 664-6795
ncartmuseum.org

Living History Saturday
Aug. 9, Charlotte
(704) 568-1774
charlottemuseum.org

Paradox Of Tales 2: The Royal Wedding
Aug. 9, Fayetteville
(910) 438-4117
crowncomplexnc.com

Classic Car Show & Corn Hole Tournament
Aug. 9, Bear Creek
(919) 837-5363
southchathamruritan.com

Army Ground Forces Band
Aug. 14 & 28, Fayetteville
(910) 483-5311
music.army.mil

Folk Friday By Artists Like You
Aug. 15, Saxapahaw
(336) 688-1553

Fayetteville After 5
Aug. 15, Fayetteville
(910) 323-1934
faydogwoodfestival.com

Country Gravy & Other Obsessions
A musical
Aug. 15–24, Sanford
(919) 774-4512
templeshows.com

Agri-Civic Day
Aug. 16, Albemarle
(704) 986-3666
stanlyciviccenter.com

Mamie Adkins Golf Tournament
Aug. 16, Fayetteville
(910) 483-5349
magt.com

Amateur Swapfest
Aug. 23, Fayetteville
(910) 624-1394
cfarsnc.org

Randolph Treasures
Aug. 23, Asheboro
(336) 625-3389

Cruise In
Aug. 23, Lumberton
(910) 671-3875

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

Fourth Friday
Arts, shopping
Fayetteville
(910) 483-5311
www.theartscouncil.org

Sports In The Sandhills
Through Aug. 31, Fayetteville
(910) 486-1330
museumofthecapefear.ncdcr.gov

Street Video Installation One week in NYC
Through Sept. 7, Raleigh
(919) 664-6795
ncartmuseum.org

KINDRED
Gallery of Arts
Through Sept. 21, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Zim Sculpt
Through Sept. 28, Belmont
(704) 825-4490
dsbg.org

Thunder Road Cruise-In
First Sundays, Mount Airy
(336) 401-3900

Bluegrass Pickin' Shed
Thursday nights, Laurel Hill
(910) 462-3636

Beach & Jazzy Fridays
Cypress Bend Vineyards
Through Dec. 26, Wagram
(910) 369-0411
cypressbendvineyards.com

Music Barn
Saturday evenings,
Through Dec. 31, Mt. Gilead
(910) 220-6426
mgmusicbarn.com

Stagville: Black & White Photo Exhibit
Through January 2015, Raleigh
(919) 807-7900
ncmuseumofhistory.org

Lafayette Exhibit
Through Jan 3, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

Farmers Market & City Market
Aug. 2-30, Fayetteville
(910) 703-7708
fayncfarmersmarket.com

Sandhills Farmers Market
Aug. 2–30, Spring Lake
(910) 497-0628
sandhillsfamilyheritage.org

Coast (east of I-95)

Joseph & The Amazing Technicolor Dreamcoat
Aug. 1–16, New Bern
(252) 633-3318
rivertowneplayers.com



This year's Woodleaf Tomato Festival on Saturday, Aug. 16, features a giant inflatable tomato, emphasizing more than 100 years of tomato farming in the community. An antique tractor parade opens festivities at 10 a.m. The annual event is at Unity Presbyterian Church. (704) 278-4703 or facebook/woodleaftomato



The recently restored 1886 Roanoke River Lighthouse in historic Edenton is among lighthouses that will celebrate National Lighthouse Day on Thursday, Aug. 7. Visitors to its site in Colonial Park will learn what a lightkeeper's house (and experience) was like. At press time, personnel were also awaiting final word for clearance to offer daily public tours inside starting Aug. 7. For updates: (252) 482-2637 or edentonlighthouse.org

Purple Martin Sunset Cruises
100,000 birds
Aug. 2, 7 & 9, Manns Harbor
(252) 473-5577
crystaldawnheadboat.com

Sunday In The Park
David Dixon Trio
Aug. 3, Greenville
grpd.info

Community Mural
Aug. 5, 12, 19, Swansboro
(910) 326-2600

National Lighthouse Day
Aug. 7, Edenton
(252) 482-2637
edentonlighthouse.org

Photography Workshop
Aug. 8, Swansboro
(910) 326-2600

Crepe Myrtle Festival
Aug. 9, Scotland Neck
(252) 826-3152
townofscotlandneck.com

Sunday In The Park
The Soul Psychedelique Orchestra
Aug. 10, Greenville
(252) 329-4567
grpd.info

Nutrition: Sugar Busters
Aug. 14, Swansboro
(910) 326-2600

The Lego Movie
Aug. 15, Swansboro
(910) 326-2600

Peanut Festival
Aug. 15–16, Fountain
(252) 717-0046
fountainpeanutfestival.com

Woodleaf Tomato Festival
Aug. 16, Woodleaf
(704) 278-4703
woodleaftomatofestival@yahoo.com

S&D Gun & Knife Show
Aug. 16–17, Greenville
(252) 321-7671
ncgunshows.com

Diamond City Homecoming
Aug. 16–17, Harkers Island
(252) 728-1500
coresound.com

Sunday In The Park
Nu-Blu (Bluegrass)
Aug. 17, Greenville
(252) 329-4567
grpd.info

Rescue Of The Priscilla Retold
Aug. 18, Rodanthe
(252) 987-1552
chicamacomico.net

Saving Your Own Seed
Aug. 21, Swansboro
(910) 326-2600

Watermelon Festival
Aug. 21–23, Winterville
(252) 756-1068
watermelonfest.com

MMA/Boxing
Aug. 23, Greenville
(252) 321-7671

Summer Jazz Fest
Aug. 23, New Bern
(800) 767-1560
tryonpalace.org

Hunting Safety Program
Aug. 26–28, Swansboro
(910) 326-2600

Freeboot Friday
Aug. 29, Greenville
(252) 561-8400
uptowngreenville.com

ONGOING

Art Walk
First Friday, Elizabeth City
(252) 335-5330
http://ecncart.com

Art Walk
First Friday, Greenville
(252) 561-8400
www.uptowngreenville.com

Historic District Guided Tours
Second Saturdays Tours Through October
Murfreesboro
(252) 398-5922

Summer Church
Through Aug. 28,
Goldsboro
(919) 735-5411
www.bridgechurch.cc

Summer Concerts
Every Friday through Sept. 5,
Ocean Isle
(252) 923-3971

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11:00 - 4:00 PM

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Waynesville's "Uniquely Local Food Crawl" takes place Thursday through Sunday on August 21–24 and August 28–31. Participating "Farm to Table" partners will create specialty menu items featuring fresh flavors—from innovative small plates to homegrown libations. (828) 734-9574 or buyhaywood.com/uniquely-local-food-crawl



There are more than 200 markets in North Carolina offering fresh produce and more. To find one near you, visit **ncfarmfresh.com/farmmarkets.asp**.

CAROLINA COUNTRY adventures



Wilmington studio tours, location walks

Tour schedule
Saturdays and Sundays, 10 a.m., noon and 2 p.m., weather permitting.

Tickets: $12 adults; $10 students and military personnel with an ID; $5 children under 12. Cash only.

EUE/Screen Gems Studios
1223 23rd Street North
Wilmington, NC, 28405
(910) 343-3433 (tour hotline)
studios.euescreengems.com/nc

Note: At press time, it wasn't definite that tours would continue past August 2014, and tours can be canceled when productions are in delay. Before you drive there, call the hotline for updates.

EUE/Screen Gems Studios in Wilmington is once again offering public tours. It hosted them for 15 years but stopped in 2011 after the TV show "One Tree Hill" wrapped final production.

More than 350 film, TV and commercial projects have shot on the 50-acre sound stage lot, which boasts 10 stages and the largest special effects water tank east of Los Angeles. Recent movies include "Iron Man 3" "The Conjuring" and "We're the Millers". Fox's "Sleepy Hollow" and CBS's "Under the Dome" began filming second-season shows this past spring.

Our hour-long tour kicked off with a short sizzle reel that highlights TV shows, commercials and movies shot in North Carolina. It's shown in the screening room where directors and producers watch the dailies for things like continuity (an example is ensuring hairstyles and clothing visually match in separate scenes).

Then our group walked the 10-stage lot and visited some sets inside. Exactly which sets depends on what's filming there and permissions given. We learned about "swing sets" and the difference between "Wardobe" (care, maintenance and storage) and "Costume" (artistry!).

We strolled past an old-time fire engine used in "Sleepy Hollow," learned how productions avoid outside noise and walked through "Under The Dome" sets showing a jail, sheriff's office and the Sweetbriar Rose Café (where "Dome" townspeople often meet).

We also discovered that sets don't actually have electricity or plumbing, extension cords are called "stingers," and you can't show labels, even on spices, without trademark permission. The tour guides, UNC-Wilmington film studies students, were personable and enthusiastic.

—Karen House



Hollywood location walk

This 90-minute humorous tour with a "self-important director" visits locations of productions filmed in downtown Wilmington. Tourists enjoy identifiable sights from TV shows like "One Tree Hill" and "Dawson's Creek" and other productions, hear celebrity anecdotes, and glean industry secrets (like how they make it snow in summer).

Tours meet rain or shine at Market and Water streets. Tours can sell out but you can buy tickets online, or at Black Cat Shop, 8 Market Street.

- Adults: $13 plus tax; seniors, students and military: $11, plus tax; children 6 and under: free.
- Through Aug. 31:
 Saturdays at 10 a.m.
 Tuesday, Wednesday, Thursday, Saturday, Sunday at 2 p.m.
- Sept. 1–Dec. 31:
 Tours continue. For specifics, check the website or call
 (910) 794-1866
 hollywoodnc.com

Area info
(910) 341-4030
1-877-406-2356
wilmingtonandbeaches.com



Filming "We're the Millers" in July 2012.

By L.A. Jackson

Goldenrod in the garden

Even in the lessening light of the late summer sun, there is still a bright botanical show to be seen, as one of the flashiest plants of the waning growing season has begun shining its brilliant yellow glow across fields, meadows, landscapes and gardens. Unfortunately, it also happens to be a very misunderstood plant—goldenrod (Solidago sp.).

Mention goldenrod and many sufferers of hay fever will brace themselves to get ready for a big "A-A-A-CHOO-O-O!" because the pollen from its flowers will make you sneeze, right? Wrong. Examine the pollen on a cluster of goldenrod blossoms, and you will find that it is not light enough to become wind-borne and drift up the snoot.

What's really happening is the inconspicuous blooms of ragweed flowering at the same time as goldenrod. Ragweed has minute pollen that can easily fly away in the slightest breeze.



Tip of the month

Late summer is prime peony planting time. Since peonies need a proper duration of chilly weather to bloom satisfactorily in the spring, look for older varieties such as 'Teresa', 'Sarah Bernhardt', 'Felix Crousse' or 'Festiva Maxima' that require less cold for bud set, or ask your local nursery for newer peony selections specifically bred for mild Southern winters. In addition, bury the crowns only about 1½ inches below ground so they will be less insulated from the cold weather. Finally, for stronger, sooner flowering peonies, buy divisions that have at least three to four "eyes."



So the real culprit is ragweed, but the showy clusters of goldenrod usually get the blame.

Although mainly native to North America, goldenrod has been embraced by British gardeners for over 250 years. Now though, goldenrod is finding its pretty way into cultivated American gardens as well, and why not? The bright blooms are long-lasting, and these tough-as-nails plants require very little maintenance.

A hardy perennial, goldenrod can be planted anytime, but late summer and early fall are ideal times. For the best blooms, place the plants in an area that receives as much full sun as possible. Depending on the species (and there are about 150), goldenrods can stretch from 1 to 5 feet tall. Pinching back the tips in late spring will promote bushier growth and a fuller display of flowers.

An obvious planting scheme is to mix goldenrod with other plants that also bloom late in the growing season. Need examples? Try bouncing the handsome yellow flowers off the pretty purples of ironweed (Vernonia noveboracensis), Mexican bush sage, (Salvia leucantha) or New England aster (Symphyotrichum novae-angliae).

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.

To do in the garden

August

- Fall-fruiting ornamentals such as holly, pyracantha and nandina should be well mulched and watered regularly during extended periods of hot, dry weather to prevent them from shedding their berries before they mature.
- If the summer vegetable garden is starting to poop out, try new plantings early this month of cucumbers, eggplant, peppers, squash and tomatoes for a fall flurry of fresh produce.
- And now is a good time to prepare for the autumn veggie garden. Cool-season edibles such as spinach, broccoli, cauliflower, collards and lettuce can be started in seed trays in a shady location.
- Ever-blooming and fall-blooming roses should be lightly fertilized now to perk them up for their flashy autumn displays.
- Even in the heat of the late summer, bird activity remains high, so keep the bird feeder filled and top off the bird bath with fresh water at least once a week.

September

- Indoor plants that have vacationed out on the porch or patio this summer should be returned inside before nighttime temperatures dip into the 50s.
- Falling leaves will soon provide plenty of fuel for the organic cooking of a compost pile, so find and clear a good location for this soil-conditioning garden helper.
- Landscape to conserve energy? You bet, especially if you plant evergreen trees and shrubs on the northern and northwestern sides of your house to help block the heat-robbing effects of coldest winter winds, which usually blow in from the north.
- Curb your fetish to fertilize outdoor garden plants with high-nitrogen products. Now is not the time to encourage tender, new growth on perennials and woody ornamentals because the plants need to "toughen up" while they are preparing for the coming winter.
- Perennial herbs such as mints, parsley, chives and lemon balm can now be divided. And think about fixing up a few pots of these helpful herbs for an indoor kitchen garden this winter.

Talk Show Doctor Reveals Digestion Remedy That Works Instantly!

Television host and best selling author explains how a new aloe-vera extract can make bouts of heartburn, acid-reflux, constipation, gas, bloating, diarrhea, and other stomach nightmares disappear!

Recently, alternative medicine expert Dr. Bryce Wylde, a frequent guest on the Dr. Oz show, revealed a simple secret that amazed millions who suffer with digestion nightmares. People haven't stopped talking about it since.

"I'd give anything to make it stop!"

That's what most people will say about their digestive problems. "It's just horrible," says Ralph Burns, a former digestion victim. "I was tortured for years by my Acid-Reflux. Sometimes I'd almost pass out from the pain. My wife suffers with digestion problems too. If she eats one wrong thing, she spends hours stuck in the bathroom dealing with severe bouts of constipation or diarrhea."

FDA Warns About Popular Antacids

A recent FDA warning explained that excessive use of antacids could lead to an increased risk of hip, wrist, and spine fractures. Especially in people over the age of 50.

So when alternative medicine expert Dr. Bryce Wylde discussed an alternative on National TV, you can imagine how thrilled people were to find out they could finally get relief without having to rely on *Prevecid®*, *Nexium®*, *Prilosec®* and other dangerous antacids. But now, according to Dr. Wylde, your stomach problems could be over by simply drinking a small amount of a tasty Aloe Vera extract.

Finally There's Hope...

This delicious "digestion cocktail" is doing amazing things for people who suffer with stomach problems --- even if they've had them for years. Here's how it works...

Stop Stomach Agony

Your stomach naturally produces acid so strong, it can dissolve an aluminum spoon in just 30 minutes! And when excess acid escapes into your esophagus, throat and stomach lining, it unleashes the scorching pain of Acid-Reflux, heartburn, ulcers and more misery. Add the problems of stress, and "all hell breaks loose."

Dr. Liza Leal, a well known expert on chronic pain management explains... "***AloeCure®*** can work genuine miracles. It buffers high acid levels with amazing speed, so your stomach feels completely at ease just moments after drinking it." In fact, it could wipe out stomach pain, discomfort, and frantic runs to the bathroom.

Until Now, Little Could Be Done...

But "***AloeCure®*** can help virtually anyone. Even people with chronic stomach pain can feel better right away," says Dr. Leal. And what's really exciting is ***AloeCure®*** aids in keeping your digestive tract healthy, so intestinal distress stops coming back.

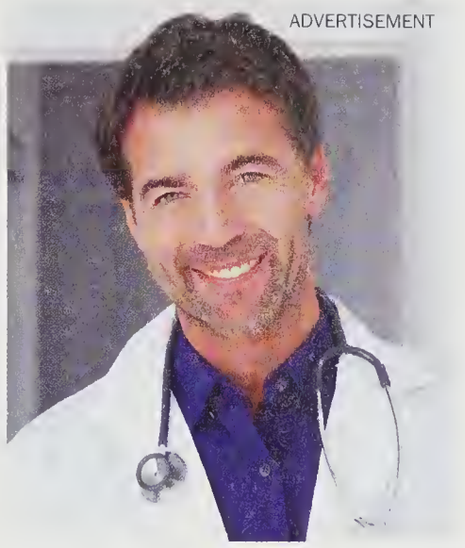


"I'm always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. One day a friend said, "Why don't you try ***AloeCure®***. I was shocked! It tasted pretty good! I stopped taking the PPIs altogether and replaced it with a daily diet of ***AloeCure®***. Then something remarkable happened - NOTHING! Not even the slightest hint of indigestion. For the first time in 40 years I didn't need pills or tablets to avoid indigestion. Thank you AloeCure®

- Ralph Burns

Digestion Defender #1: Balances Stomach Acid: Your first line of defense is calcium malate. This natural acid buffer instantly sends stomach acid levels plunging. And holds acid levels down so they don't return!

ADVERTISEMENT



Doctor recommended AloeCure® may be the most important application ever discovered for digestive health!

Digestion Defender #2: Instant, Soothing Relief: ***AloeCure®*** is brimming with polysaccharides, a "wonder" compound that gently coats the throat, esophagus and stomach, carrying instant relief to cells scorched by excess acid.

Here's What Doctors Are Saying!

AloeCure® is backed by important scientific studies that confirm... aloe calms stomach acid and allows your body to heal itself.

Dr. Liza Leal, M.D & Chief Medical Officer at Meridian Medical. says, "That's why I recommend it to patients who suffer from bouts of heartburn, Acid-Reflux, ulcers, and irritable bowel syndrome..."

Dr. Santiago Rodriguez agrees. "Just two ounces of ***AloeCure®*** reduces the acids in your stomach by ten times."

AloeCure® may be the most important application ever discovered for digestive health!

Safe And Easy To Use

With no sugar, no stimulants, and zero calories, ***AloeCure®*** is safe, all-natural and has absolutely no side effects. Just drink two ounces, once in the morning, and once at night, and start enjoying immediate life-changing relief!

Try It 100% Risk-Free!

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By Jim Dulley

Electric water heaters

Tips to boost the efficiency of older electric models

Heating domestic hot water is one of the greatest contributors to your monthly utility costs. For a typical family of four, an electric water heater can comprise 20 to 25 percent of their annual energy use. If you have an older model and don't wish to replace it yet, there are ways to improve its efficiency.

Insulate electric water tank

Place the back of your hand against the water heater tank near the top or on the top. If it feels warm, it is losing heat. Adding an insulation wrap kit will save money. With a tall 80-gallon tank, the insulation wrap may not reach all the way to the floor. This is okay because the majority of the heat loss is from the upper part of the tank.

If you have some old fiberglass wall insulation, you can wrap that around the tank with the vapor barrier facing outside. Putting a layer of reflective radiant barrier over the insulation also helps. If you do that, it is important to tape and seal the joints in the insulation (where the insulation on the top meets the sides) to create an air-tight barrier.

Or you can buy a kit, which is roughly $20, easy to install and includes instructions (get one with an insulating value of at least R-10).



A tall 80-gallon electric water heater is first wrapped with fiberglass insulation and then with construction foil to block radiant heat loss.

Flush sediment

At least once a year, drain a gallon of water from the drain valve at the bottom of the tank. This will flush out sediment, which insulates the water from the heating element. Draining is more important with a gas or propane water heater, but it also helps some on an electric one.



Drain a gallon or so of water from the bottom of water heater tank every several months to reduce sediment buildup.

Manage water temperature

It is important to keep the temperature as low as possible. A greater temperature difference between the hot water in the tank and the air in your basement or utility room increases tank standby losses. During the summer, these losses may heat up your house and make your air conditioner run longer, creating a double energy expense.

Check the temperature of the hot water at a faucet where you use the most hot water. If you keep it so hot that you have to mix in much cold to tolerate it, it is too hot. I keep mine at 110 degrees. Most laundry detergents work well in cold water, and dishwashers have built in preheaters. *Be sure to turn off electricity to the water heater before making any adjustments.*

Feel the temperature of the water heater's hot water outlet and cold-water inlet pipes. If they are fairly warm, it means hot water is naturally circulating upward and cooling off. Put tubular foam insulation on the water heater inlet and outlet water pipes to minimize that heat loss. Insulate the first two feet of the exposed piping.



An electronic timer for electric water heaters can make it easy to turn off water heater during the daytime and during peak demand periods.

If you are having other plumbing work done, consider having the plumber install heat trap fittings in the water heater to block this circulation. (It's probably not cost-effective to pay a plumber just to come out for this.)

Timer installation

Installing a 240-volt timer can be effective if you typically do not use hot water during long and regular time periods and your family's schedule fits accordingly.

New electric water heaters

If you are buying a new electric water heater, consider a 12-year warranty model. These have higher R-value foam insulation in the tank walls than a cheaper 6-year model. They also will have a higher EF (energy factor) rating. Look for an EF rating of .92–.95 minimum. They may also have a vacation-mode setting to save electricity when you travel. Heat pump water heaters should also be strongly considered as they offer the lowest operating cost of all electric water heater types. They tend to cost more initially, and have special installation criteria, but heat pump water heaters can more than halve the cost of heating hot water for your home.

Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, Ohio, 45244, or visit dulley.com.

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By Hannah McKenzi

Feeling muggy indoors

Q My house occasionally feels uncomfortably humid. Would a stand-alone dehumidifier be a good way to fix this problem?

A It is frustrating to be uncomfortable in your own home. A stand-alone dehumidifier may solve the problem temporarily, but figuring out the source of the problem will lead to a long-term solution and save you the hassle of emptying a drain pan.

First, focus on low- and no-cost efforts to control indoor humidity. Put on your detective hat and tour your home. The list is long but don't worry, these are things you can do or check by yourself over the weekend.

Are exterior doors and windows, including storm windows, closed and latched? I often find unlatched windows in children's rooms and over the kitchen sink.

> It is important to be aware of sources and take control of the situation.

Is the dryer lint trap and exhaust pipe clean? Does the dryer exhaust pipe go all the way outside? Use a shop vaccum (or borrow a neighbor's) and suck out lint that has accumulated in the pipe. Clogged dryers will make a house muggy in a heartbeat. Avoid line drying laundry inside the house, too.

Do your family members use exhaust fans when bathing or cooking, and turn the fans off when they are done? Do the fans actually pull air? The kitchen fan should hold up one sheet of letter size paper when running. The bathroom fan should hold up two two-ply sheets of toilet paper on top of each other when running.

Bathroom exhaust fans that work can help reduce indoor humidity. They are working if while running they can hold up two two-ply sheets of toilet paper on top of each other.



When the air conditioner is on, do you feel air coming out of every vent? If no air is felt, there may be a disconnection dumping cooled air into your attic or crawl space and allowing outside air into the home.

Is HVAC ductwork properly sealed? You don't want outside air getting into ductwork through any size hole. Many small holes add up to a lot of leaks! Fine Homebuilding has great online video tutorials of this low-tech DIY project. Also ask yourself: Is it time to change your air filter?

If you have a crawl space, is there plastic sheeting covering the soil? My husband and father spent a day bonding amidst mice and bugs as they rolled 6 mil polyethylene under our entire house, overlapping the seams by 12 inches.

Are there any other places where outside air could enter your home? Focus on holes in the ceiling and floor. Is the attic door weather-stripped?

Are there other places where moisture is accumulating in or around your home? Have you considered roof leaks, plumbing leaks, clogged gutters or downspouts? Do you have an excessive number of plants or aquariums in your house? Combustion appliances such as gas fireplaces and cooktops also emit water vapor that should be vented from your home.

You don't need to give up your aquarium or gas cooktop to improve humidity, but it is important to be aware of sources and take control of the situation.

If your home is still muggy, don't run to the store for a dehumidifier yet!

Have you ever worried about the water dripping from your air conditioner's drain line on a hot summer day? That water is a sign that your air conditioner is doing its job of removing humidity from your home. If no water is dripping from the drain line, it may be a sign that the line is blocked due to grass clippings, soil or mulch, which may cause humid air to be recycled back into the house, and that's not the kind of recycling we want.

Next month we will explore dehumidifier technologies when controlling the sources doesn't cut muster.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

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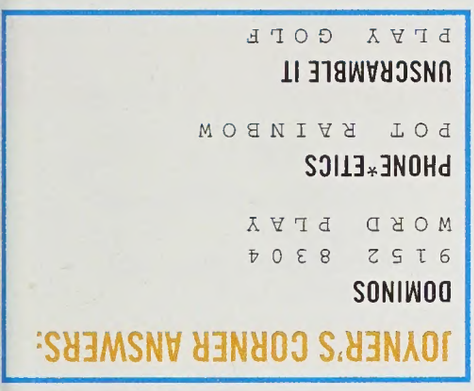
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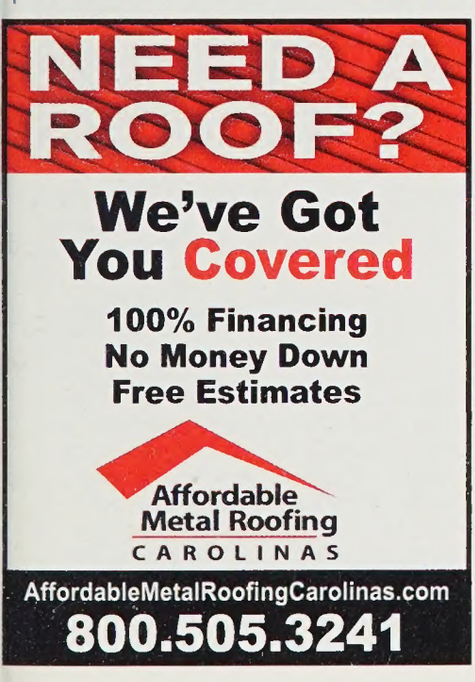
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Breaded Ranch Chicken

- ½ cup butter, melted
- ¾ crushed cornflakes
- ¾ cup grated Parmesan cheese
- 1 envelope ranch salad dressing
- 8 boneless skinless chicken breast halves (4 ounces each)

Place butter in a shallow bowl. In another shallow bowl, combine the cornflakes, cheese and salad dressing mix. Dip chicken in butter; then roll in cornflake mixture to coat.

Place in a greased 13-by-9-inch baking dish. Bake, uncovered, at 350 degrees for 45 minutes or until a thermometer reads 170 degrees.

Yield: 8 servings

Macadamia Key Lime Pie

- 1 cup crushed shortbread cookies
- ½ cup finely chopped macadamia nuts
- ¼ cup sugar
- ⅓ cup butter, melted

Filling

- 1 package (8 ounces) cream cheese, softened
- 1 can (14-ounce) sweetened condensed milk
- ½ cup Key lime juice or lime juice
- 1 cup heavy whipping cream
- ¼ cup coarsely chopped macadamia nuts

In a small bowl, mix cookie crumbs, macadamia nuts and sugar; stir in butter. Press onto bottom and up sides of a greased 9-inch pie plate. Refrigerate for 30 minutes.

In a large bowl, beat cream cheese until smooth. Beat in milk and lime juice until blended. Transfer to crust. Refrigerate, covered, at least 4 hours.

In a small bowl, beat cream until soft peaks form; spoon or pipe onto pie. Top with macadamia nuts.

Yield: 8 servings





Grilled Chipotle Shrimp

- ¼ cup packed brown sugar
- 2 chipotle peppers in adobo sauce, chopped, plus ¼ cup adobo sauce
- 6 garlic cloves, minced
- 2 tablespoons water
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- ¼ teaspoon salt
- 2 pounds uncooked large shrimp, peeled and deveined

Cilantro Cream Sauce

- 1 cup sour cream
- ⅓ cup minced fresh cilantro
- 2 garlic cloves, minced
- 1½ teaspoons grated lime peel
- ¼ teaspoon salt
- ¼ teaspoon minced fresh mint

In a small saucepan, bring the brown sugar, chipotles, adobo sauce, garlic, water, lime juice, oil and salt to a boil. Reduce heat; cook and stir 2 minutes longer. Remove from the heat; cool completely.

Transfer mixture to a large re-sealable plastic bag. Add the shrimp; seal bag and turn to coat. Refrigerate for up to 2 hours.

Meanwhile, combine the cream sauce ingredients, chill until serving.

Drain and discard marinade. Thread shrimp onto metal or soaked wooden skewers. Using long handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack.

Grill shrimp, covered, over medium heat or broil 4 inches from the heat for 6–8 minutes or until shrimp turn pink, turning once. Serve with sauce.

Yield: about 5 dozen

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From Your Kitchen

Orange Pineapple Sherbet

- 1 bottle (2-liter) of carbonated orange soda
- 1 can (14-ounce) sweetened condensed milk
- 1 can (12-ounce) crushed pineapple

Chill all ingredients for several hours before mixing. Combine soda, condensed milk and crushed pineapple and blend well. Pour into the canister of a 6-quart ice cream maker. Freeze using crushed ice and rock salt according to the manufacturer's instructions for the ice cream maker.

This recipe comes from Susan M. Thompson of Four Oaks.

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